



**RUTGERS**  
University Behavioral  
Health Care  
**NAMI Middlesex County**  
*in collaboration with*



**Intensive Family Support Services of Middlesex County (IFSS)**

***Invites you to attend the Fall Speaker Series***  
***Virtual Presentations via Zoom 5:00-7:00 pm***

**September 12, 2022**

**“Accessible Yoga and Yoga Therapy”**

*Speakers: Susan Gould Fogerite, PhD, MT, Certified Yoga Teacher & Professor, Emeritus, Clinical Laboratory and Medical Imaging Sciences & Physician Assistant Studies and Practice, Rutgers School of Health Professions and Lydia Fulton, MA, LAC, NCC, ATR-P, Mental Health Clinician III, Intensive Family Support Services, Rutgers UBHC*

Please join us for this educational and interactive program about dispelling misunderstandings about yoga and learn how yoga can be accessible and therapeutic for people of all abilities and backgrounds. This presentation includes the opportunity to engage in an accessible and enlightening yoga practice with discussion afterwards.

**Register in advance for the September 12<sup>th</sup> meeting at:**

<https://rutgers.zoom.us/meeting/register/tJwrdu6hrjjGdN3uZ-FFpVCKH1M3lx95OKr>

**October 3<sup>rd</sup>, 2022**

**“Ask the Psychiatrist”**

*Speakers: Keith Stowell, MD, MSPH, MBA, Chief Medical Officer, Rutgers UBHC, and Azima Ashraf, MD, Medical Director, Adult Acute & Inpatient Services, Rutgers UBHC and Associate Professor of Psychiatry, Rutgers/Robert Wood Johnson Medical School*

This event will occur in a question-and-answer format, during which time families, caregivers, and loved ones will have opportunities to discuss their own or their loved ones' care and treatment concerns with a University Behavioral Health Care psychiatrist. Education about new psychotropic medications, treatment issues, and developments in mental health will be presented.

**Register in advance for the October 3<sup>rd</sup> meeting at:**

<https://rutgers.zoom.us/meeting/register/tJwqf--qrz8sH9b8tA3QBDLZa1HHMLPVIKmi>

*After registering, you will receive a confirmation email containing information about joining the meeting. Please do not hesitate to reach IFSS at 732-235-6184, or NAMI Middlesex at 732-745-0709, if you have questions or need additional assistance.*

