

Conference Date: January 15-16, 2024

International Conference on Wellness of Body, Mind and Soul (W-BMS-2024)

Conference Topics

Hybrid Mode

- Wellness of Body, Mind and Soul
- Occupational Wellness
- Physical wellness , Smile more
- Emotional or mental wellness
- Social wellness , Financial wellness
- Occupational wellness , Eat organic
- Consider filtering your shower
- Environmental wellness
- Spirituality or religiosity
- Exploration and creativity
- Install water filters in your home
- Spiritual wellness , Live your

- passion , Ground yourself
- Social connectedness
- Spend more time with loved ones
- Emotional health , Finances
- Physical health , Be grateful
- Meaning and purpose
- Sense of self , Breathe deeply
- Lifestyle behaviors , Do more yoga
- Stress and resilience , Meditate
- Intellectual wellness , Exercise
- All the topics related to Wellness of Body, Mind and Soul**

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Conference Website

<https://iircr.com/>

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