

SCHOOL OF EDUCATION & PROFESSIONAL STUDIES

# Disciplined Inquiry in Education Seminar Series

March 22, 2023/Noon-1:00 p.m. Literacy Center Balcony

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## Personal Data-Driven Decisions and the Science Behind Them

**Abstract.** Join Don and Tanya for a reflective and retrospective discussion about the intentional pursuit of improvement in both physical and mental well-being that was significantly prompted by the COVID-19 pandemic. Don will share from his personal experiences with nutritional considerations and increased activity to promote significant weight loss, an increase in fitness levels, and more successful management of chronic depression and anxiety, and Tanya will provide some of the scientific bases for positive outcomes that were realized.

