



UCOP BSFO
VIRTUAL MORNING MEDITATION
Tuesday, February 17TH & Tuesday, February 24TH
9am – 9:30am

Join Zoom Meeting <https://UCOP.zoom.us/j/99008165129>



BSFO will once again welcome **LeNaya Smith Crawford, The Holistic Therapist™**—a Licensed Therapist, holistic mental health expert, and wellness CEO dedicated to making healing more accessible, inclusive, and sustainable. With over a decade of experience, LeNaya brings a trauma-informed, whole-person approach to mental health that honors the mind, body, spirit, and community. She is the creator of **The Holistic Therapist™ Academy**, a globally

recognized training program for therapists

and healers, and the founder and co-founder of multiple wellness organizations rooted in care, ethics, and alignment. Her work has been featured in *The New York Times*, *Essence*, *Healthline*, and on national television.

Grounded in both lived experience and formal training, LeNaya's mission is to help professionals heal deeply, lead with integrity, and build practices that truly support their well-being.



QUESTIONS? Please contact Joyce Price joyce.price@ucop.edu and Roni Wilson roni.wilson@ucop.edu