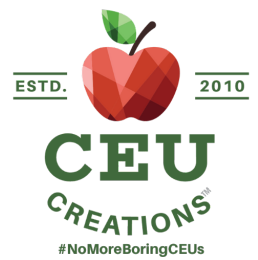


# Mindful Connections: Nurturing Gut and Brain Health for Holistic Well-Being



## FEATURING:

- Practical strategies for improving your gut and brain health
- Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN

**Wednesday, July 9, 2025**  
**3:00 p.m. – 4:00 p.m. Eastern time**

Livestream Series  
(Online Synchronous Training)

**\$14.99 Early Bird Registration**  
*After June 25th, registration is \$19.99*

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## 1 CREDIT HOUR APPROVED FOR:

- **Social Workers**  
ASWB ACE – 1 General CE Credit  
New York State Education Department's State Board  
for Social Work – 1 Contact Hour
- **Counselors**  
NBCC ACEP – 1 contact hour  
New York State Education Department's State Board  
for Mental Health Practitioners – 1 Contact Hour
- **Nurses**  
California Board of Registered Nursing –  
1 Contact Hour
- **Case Managers**  
CCMC – 1 Contact Hour

Attendance or applied credit certificate available for other credentials.  
Please make sure to check with your own state board to ensure  
transferability of CE credit.

## PRESENTED BY:



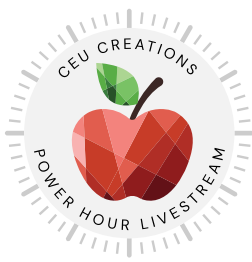
### **Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN**

Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN, and culinary coach, has been practicing nursing for over 30 years in various medical specialties. She currently works as a nurse case manager and is a national board-certified health and wellness coach.

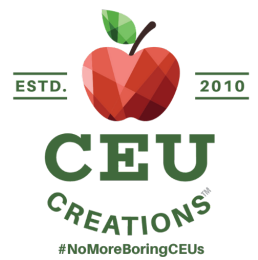
In her nursing journey, Rajitha has seen gaps in patient care and the impact chronic medical conditions had on her patients' quality of life. She wanted to make a difference, so she moved into a health coaching/transformation space where she is a health partner in educating, inspiring, and empowering people to make small changes to their lives to improve their health. Rajitha is a habit change specialist.

*Thank you to our sponsors for your generous support!*

*For more information on the course, accommodations for disability, grievances, or any other concerns,  
please contact CEU Creations at [support@ceucreationsinc.com](mailto:support@ceucreationsinc.com).*



# Mindful Connections: Nurturing Gut and Brain Health for Holistic Well-Being



## AGENDA (all times are Eastern)

2:45 p.m. – 3:00 p.m.	Log In and Virtual Networking
3:00 p.m. – 4:00 p.m.	Presentation

Many studies have been conducted showing a high prevalence of burnout, compassion fatigue, and moral distress among helping professionals. Specifically, a study by the American Psychological Association found that about 75% of helping professionals reported experiencing burnout. There is also a growing body of research suggesting a connection between good gut health and overall well-being. Focusing on gut and brain health could contribute to a reduction in burnout and compassion fatigue. The gut-brain axis plays a crucial role in influencing various aspects of mental health and stress response. In this session, Rajitha Bommakanti, RN, BSN, NBC-HWC, CCM, FCN, will provide valuable insights into the intricate connection between gut health, brain health, and overall well-being. Participants will explore practical tips and strategies to enhance both gut and brain health, equipping them with the tools to foster a holistic approach in their personal and professional lives.

### By the end of the session, the participant will be able to:

1. Discover the scientific foundations of how gut health impacts brain function and emotional well-being.
2. Name actionable strategies to support and improve gut health.
3. Apply the knowledge gained to enhance professional effectiveness in the helping field.

*Course Interaction and Technical Requirements:* This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

*To receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.*

Target audience: Social workers, counselors, nurses, case managers, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/24-11/22/27. Social workers completing this course receive 1 General continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 Contact hour.

**COUNSELORS:** 1 Contact hour



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 Contact hour.

**NURSES:** 1 Contact hour. CEU Creations is an approved provider of nursing CE's through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**Cancellation Policy:** Registrants **must** cancel via email at [support@ceuc creationsinc.com](mailto:support@ceuc creationsinc.com) (contacting other staff members/leadership does not guarantee your cancellation). No faxes or mail cancellations will be accepted. Cancellation Fee: \$25. Refunds will not be given for cancellations within five (5) business days prior to the workshop date.