

Darienite

News for Darien

<https://darienite.com>

Bring Your Lunch and Learn About Stress Management Wednesday at YWCA Darien/Norwalk

Author : David Gurliacci

Categories : [Healthy Living](#)

Tagged as : [Katherine Takayasu](#), [Stamford Hospital Presentations 2019](#), [Stress Management YWCA Darien/Norwalk events 2019](#)

Date : July 7, 2019

Find out how to better manage your stress at this 90-minute “Bring Your Own Lunch & Learn” class with Dr. Katherine Takayasu at the YWCA Darien/Norwalk.

— *an announcement from the YWCA Darien/Norwalk and Stamford Hospital*

[Katherine Wehri Takayasu](#), M.D., M.B.A. is a board-certified family medicine physician at Stamford Hospital, practicing integrative medicine that combines traditional Western medicine with evidence-based complementary medical techniques.

Darienite

News for Darien

<https://darienite.com>

She works to improve patient wellness using traditional medicine and complementary medicine techniques. She helps patients heal naturally with acupuncture, mind-body medicine, botanical medicine, nutrition, and lifestyle optimization.

She is an assistant professor of clinical medicine at Columbia University/New York Presbyterian and teaches the next generation of doctors about healing the whole patient mind, body, and spirit.

For her own wellbeing, Dr. Katie practices what she preaches. She engages in yoga and meditation regularly and enjoys experimenting with plant-based cuisine in the kitchen.

The event is free. [Register here](#).

Stamford Hospital is sponsoring the event with the [YWCA of Darien/Norwalk](#), located at 49 Old Kings Hwy. North in Darien.