



Dr. Vishalakshmi Batchu MD
Host



Dr Manizeh Mirza-Gruber MD
Guest Speaker

Dr. Manizeh Mirza-Gruber, M.D., is a licensed, board-certified psychiatrist (ABPN), Certified Mindfulness Meditation Teacher, Mindfulness Mentor, Certified Yoga Teacher, and Certified Mind-Body Medicine Skills Facilitator

- Easy Walk - enjoy the Nature Trail
- A brief talk on how the mind-body-heart-spirit are connected and the importance of incorporating mindfulness for our well-being and overall health - Dr Manizeh Mirza-Gruber



<https://walkwithadoc.org/join-a-walk/locations/pearland-texas/>

Mind Body Skill Activity

SATURDAY
FEBRUARY 21ST, 2026
7:30 AM - 9:00 AM
SPORTS COMPLEX AT SHADOW CREEK RANCH

**13050 SHADOW CREEK PKWY,
PEARLAND, TX 77584
(MEET AT THE PAVILION)**

RSVP FOR WALK



*Join a global movement that turns walking into a path toward better health, stronger connections, and inspired living
- Dr Vishalakshmi Batchu*

