



CARTHA™

**Healthy Coping Skills & Grieving**  
***An Intergenerational Dialogue***  
**Saturday, April 25, 10:15am-12:45pm**  
***Coralville Public Library - Room A***

***After Program: Informal Lunch at New Pi***

***Bring & Share Your Favorite  
Song, Musical Instrument, Poem, Memory, Perspective!***

**Moderator:**

**USHA BALAKRISHNAN, CARtha Founder**

**Speakers:**

**DR. RAHUL RASTOGI, UIHC Pain Management Center**

**CHRIS KLUG, Grief Counselor & CARtha Advisor**

**JUDY LEAVITT, Author & CARtha Board Member**

**JJ KAPUR, UI PhD Student (Psych), Storyteller & CARtha Advisor**

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**AMY ANIL, CARtha Fellow (2024)**

**SOPHIA SINGH, CARtha Fellow (2025)**

**JOSHUA MUSONDA, CARtha *Nimma Resilience Fellow* (2026)**

**WILL ODE, CARtha *Nimma Resilience Fellow* (2026)**

**SUHANI NAGARAJAN, CARtha *Nimma Resilience Fellow* (2026)**

**JOHN GALVEZ, CARtha *Nimma Resilience Fellow* (2026)**

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**Please park in lower level parking area of library**

**Questions?: [319.331.8103/usha.balakrishnan@gmail.com](mailto:319.331.8103/usha.balakrishnan@gmail.com)**

**No children under 14**

**Looking forward to seeing you!**

