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# **SOCIAL TOUCH: THE SENSE THAT UNITES AND HEALS**

**LUNCH & LEARN PRESENTATION**



**MAY 20, 2026**

12:15 PM CT LECTURE

12:35 PM CT Q & A



**ABOUT DR. ABDUS-  
SABOOR'S LECTURE**

PHYSICAL CONTACT ACTS AS A FUNDAMENTAL BIOLOGICAL BRIDGE THAT CONNECTS INDIVIDUALS AND FOSTERS A SENSE OF BELONGING.

IT ALSO EMPHASIZES THE POWER OF TOUCH TO REDUCE STRESS AND PROMOTE EMOTIONAL RECOVERY, SERVING AS A VITAL TOOL FOR BOTH MENTAL AND PHYSICAL WELL-BEING.



**ISHMAIL ABDUS-SABOOR, PH.D.**

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