



# Dr. Sue Varma

## Optimism and the Four M's of Mental Health

### Optimism and the Four M's of Mental Health with Dr. Sue Varma

Roland Park Country School is thrilled to welcome Dr. Sue Varma, a board-certified psychiatrist and Clinical Assistant Professor of Psychiatry at New York University (NYU) Langone Health, for our annual Doug and Carol Croft Linde, 1982 Health Colloquium on Wednesday, March 1. Considered the nation's leading "go-to" mental health expert, Dr. Varma is passionate about empowering people to take a holistic approach to wellness through the four M's of mental health: movement, meaningful engagement, motivation and mindfulness. During her evening lecture, parents and guardians will gain tools and information to help their teens succeed by encouraging optimism, discovering ways to thrive and assisting them to identify their personal definitions of success.

Through scientific solutions and tangible takeaways, Dr. Varma engages, informs, motivates and inspires audiences to make actionable change. She can regularly be seen on multiple media outlets, including *The Today Show*, *Good Morning America*, ABC News and MSNBC, and has been an on-air contributor for *CBS This Morning*, *20/20* and *NBC Nightly News*, among others. She is also a Distinguished Fellow of the American Psychiatric Association, the highest honor bestowed upon its members. This event is free and open to the public. Learn more at [www.rpcs.org](http://www.rpcs.org).

**Wednesday,  
March 1, 7 p.m.**

### About the Doug and Carol Croft Linde, 1982 Health Colloquium

The Doug and Carol Croft Linde, 1982 Health Colloquium allows RPCS to engage nationally recognized wellness speakers and researchers annually to work in partnership with our students, employees and parents – as well as the local community. These academic seminars with industry professionals enable RPCS young women to explore their interests in mental and physical health while also equipping them and their families with the tools and insight needed to flourish across any stage of life. The Colloquium was originally funded by past parents Barbara and James (Jim) Robinson and supported through the Annual Fund.