



Quotes

Rhythm & RESILIENCE
with Dr. Michelle Robin

“COVID-19 is having us activate our flexibility muscles.”

- DR. CAROLINA APONTE URDANETA

DAY 11
Guest: Dr. Carolina Aponte Urdaneta



Rhythm & RESILIENCE
with Dr. Michelle Robin

“Giving doesn’t mean you have to spend your money. You can give your ears, you can give your smile, you can give your love.”

- DR. CAROLINA APONTE URDANETA

DAY 11
Guest: Dr. Carolina Aponte Urdaneta



Rhythm & RESILIENCE
with Dr. Michelle Robin

“We are not alone. That’s the reason we are going to get through this and thrive after this.”

- DR. CAROLINA APONTE URDANETA

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