

MIND, BODY & SOUL

A Week of Wellness and Self Care

APRIL 26 - APRIL 30, 2020

Events will take place via Zoom

Monday, April 26

12:15pm - 1:15pm

Guided Art Meditation & Yoga

Monday, April 26

5:00pm - 6:00pm

Wellness and Spirituality

Wednesday, April 28

12:15pm - 1:15pm

Healthy Bodies through Nutrition

Wednesday, April 28

5:00pm - 6:00pm

Healing Conversations

Thursday, April 29

12:00pm - 1:00pm

Spa Face Mask Making

Thursday, April 29

6:00pm - 7:30pm

Draw It Out:
Relaxation Through Art

Friday, April 30

11:00am - 12:00pm

Sound Bath Experience

Program is free and
registrations are required.

LINK TO REGISTER:

<https://bit.ly/3l3Rzmi>

* Image: *Les Enfants Trouves*, 1968, Rene Magritte, Print, GTM 2002.2.1

