

# 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/3I3Rzmi>

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

