

Spring Wellness

April 21, 2021
1:00-4:00 pm

Join us, virtually, for this FREE workshop focused on wellness and self-care for ourselves and our community. COVID-19 has created more challenges in our lives than ever before. Come sample some healthy and relaxing activities that can relieve stress. At our opening session, you may pose your questions and get tips from a mental health professional.

1:00 pm - Opening Session:

Family & Community Wellness

Join us for a discussion around how to best support mental health

Presented by: Thea Cook, LMHC

2:00 pm Workshops - pre-register for workshops listed below:

2:00 - 2:50 pm - choose from:

Guided Meditation

Led by Jennifer Monness, Meditation Lab

or

Zumba

Led by Brianna Santana, Licensed Zumba Instructor

3:00 - 3:50 pm - choose from:

Beach Oasis Art Activity

Materials/Colors that will be needed: White, green, blue, yellow, brown paint
(can substitute with colored pencils, markers, or crayons - whatever you have available)

Led by Alexa Accardi, ADAPP

or

Sound Bath

Led by Marines Rodriguez, Sound Healing and Reiki Practitioner

Register online: <https://adapp.org/event-calendar/>

by April 19th. Choose the workshops you wish to attend.

For information regarding the event email: kimagee@adapp.org

Once you register you will receive a zoom link to the event.

Please check your spam folder for the email.