



Bauman Spring Wellness Weekend

Integrative Wellness

Virtual Workshops & Networking
March 19-20, 2022

Berkeley, California – Bauman Wellness is pleased to announce its virtual Bauman Spring Wellness Weekend from March 19th to 20th. Two days of integrated wellness workshops in healing foods, wellness arts and diverse community. The weekend includes a networking session on Saturday, March 19 and a celebration of the Spring Equinox on Sunday, March 20 live streamed at the Bauman Wellness Center at 1007 University Ave. in Berkeley.

Seasonal Bauman Wellness Weeks advance our vision of integrating healing foods, arts, and diversity to nourish communities of wellness. Since 1976 Berkeley has been the home for our innovative wellness education programs and services. Wellness for all is critical to building climate, Covid and social-economic resilience.

- Dr. Ed Bauman, Founder and Executive Director, Bauman Wellness

Activities will include:

- *6 Virtual Workshops in: Wellness Practices, Eating for Health and Visual Arts, Joyful Movement and Music, Mindfulness and Expressive Writing, Relationships and Media Arts and Service and Social Justice Arts*
- *A lunchtime networking session for participants and facilitators to meet and interact*
- *A celebration of the Spring Equinox live streamed from the Bauman Wellness Center in Berkeley*

See full calendar of events attached.

[Bauman Wellness](#) is a California 501[c]3 non-profit, established in 1984. The Bauman Wellness Center (BWC) is in the [historic building](#) at 1007 University Ave., which is owned by the City of Berkeley.

[Calendar of Events](#) at [BaumanWellness.com](#) Free registration at [Eventbrite](#).

Contact: Dr. Ed Bauman, Founder and Executive Director, Bauman Wellness

Email: info@baumanwellness.co **Cell:** 707-290-3773

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Times	Sat-Mar-19	Sun-Mar-20
9:30am-PT	Wellness Practices Overview	Meditation & Expressive Writing
11:00am-PT	Eating for Health & Visual Arts	Relationships & Media Arts
12:30pm-PT	NETWORKING	CELEBRATION OF THE SPRING EQUINOX*
2:00pm-PT	Joyful Movement and Music	Service & Social Justice Arts

*Hybrid event at 1007 University Ave., Berkeley, CA
COVID protocols observed