



Bauman Winter Wellness Week

Cultivating Community

Workshops & Networking

December 17-21, 2021



Join us for these free virtual workshops and in-person family event

Morning Warm-Ups

- Laughter Yoga
- Morning Tea
- Mindful Meditation

Healing Foods

- New Kitchen Culture
- Parent Roundtable
- Gluten Free Holiday Cake
- Healthy Holiday Meals
- Winter Spices

Family Wellness Event December 21, 2021

Mindful Meditation

Activity Booths

Wellness Lunch

Honoring Winter Solstice

Reflections & Commitments

Wellness Arts

- Teaching Social Emotional Arts
- Resilience to Discrimination
- Healthy Food and Music
- Leading with Intuition

Diverse Community

- Cultivating Community
- Woman's Wellness
- Workplace Burnout Prevention
- Lunchtime Networking Sessions

[Calendar of Events](https://baumanwellness.com) at [BaumanWellness.com](https://baumanwellness.com)

Registration at <https://bauman-winter-wellness-week.eventbrite.com>