Bauman Winter Wellness Week Cultivating Community Workshops & Networking December 17-21, 2021

Berkeley, California – Bauman Wellness is pleased to announce its free virtual Bauman Winter Wellness Week from December 17th to the 21st. Five days of wellness activities include 20 virtual workshops, food demos, arts, and networking opportunities. An in-person Family Wellness Event will be held on Tuesday, December 21 with activity booths, a Taste of Bauman wellness lunch and a celebration of the Winter Solstice.

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

Featured virtual and/or in-person events at Bauman Wellness Center (BWC) will include:

- December 21st Family Wellness Event at BWC, including activity booths, a Taste of Bauman wellness lunch and a celebration of the Winter Solstice
- 4 Morning Warm-Up Workshops;
- 5 Workshops in the area of Healing Foods
- 4 Workshops in the area of Wellness Arts
- 3 Workshops in the area of Diverse Community
- *4 lunchtime virtual networking sessions* for wellness practitioners, workplace wellness professionals and individuals seeking to build wellness communities

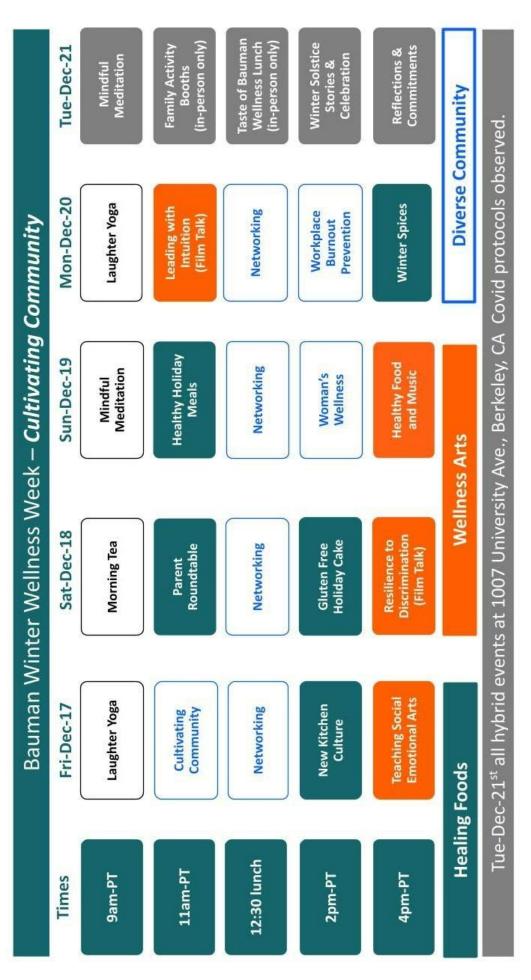
See full calendar of events attached.

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

<u>Calendar of Events</u> at <u>BaumanWellness.com</u> Free registration at <u>Eventbrite</u>.

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