



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.

[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](#).

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Bauman Winter Wellness Week – Cultivating Community

Times	Fri-Dec-17	Sat-Dec-18	Sun-Dec-19	Mon-Dec-20	Tue-Dec-21
9am-PT	Laughter Yoga	Morning Tea	Mindful Meditation	Laughter Yoga	Mindful Meditation
11am-PT	Cultivating Community	Parent Roundtable	Healthy Holiday Meals	Leading with Intuition (Film Talk)	Family Activity Booths (in-person only)
12:30 lunch	Networking	Networking	Networking	Networking	Taste of Bauman Wellness Lunch (in-person only)
2pm-PT	New Kitchen Culture	Gluten Free Holiday Cake	Woman's Wellness	Workplace Burnout Prevention	Winter Solstice Stories & Celebration
4pm-PT	Teaching Social Emotional Arts	Resilience to Discrimination (Film Talk)	Healthy Food and Music	Winter Spices	Reflections & Commitments
Healing Foods	Wellness Arts				Diverse Community

Tue-Dec-21st all hybrid events at 1007 University Ave., Berkeley, CA Covid protocols observed.