



Bauman Wellness Week

food • arts • community

Bauman Wellness is pleased to announce its first free virtual Bauman Wellness Week with 30 virtual workshops, food demos, film premier and networking events.

June 12th

"One day, can change
your whole life!"

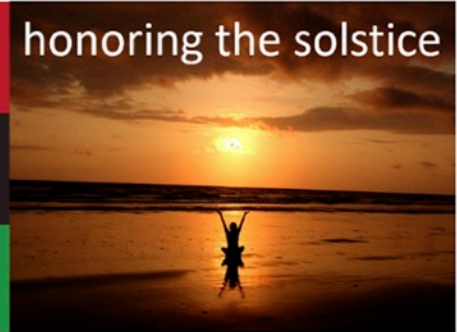
GLOBAL
WELLNESS
DAY®

June 19th

JUNETEENTH

June 20th

honoring the solstice



Nine Days of Wellness

June 12, exclusive West Coast Premier of *Me, the "Other"*

Redux, a documentary film about 12 students whose lives are challenged by being "othered" and whose struggles and triumphs reveal the resilience of the human spirit, followed by a panel with its Director and Co-Producer, Shidan Majidi.

June 19, Celebrating Juneteenth with Berkeley's Shalonda Ingram and friends from BornBrown.us.

June 20, Honoring the Solstice with Kevin Locke, a visionary Hoop Dancer, preeminent player of the indigenous Northern Plains Flute and traditional storyteller, with friends from the Patricia Locke Foundation and Crystal Wahpepah of Berkeley's Wahpepah's Kitchen.

Six Wellness Works sessions hosted by Dr. Ed Bauman and special guests.

Eleven Global Wellness themed workshops from Bauman Wellness Facilitators.

Nine lunch time networking sessions for wellness practitioners, workplace wellness professionals and individuals seeking to build wellness community.

[Calendar of Events](https://www.baumanwellness.com) at [BaumanWellness.com](https://www.baumanwellness.com) Free registration at [Eventbrite](https://www.eventbrite.com).