

JUNE 9, 2021

FOR IMMEDIATE RELEASE



Bauman Wellness Week

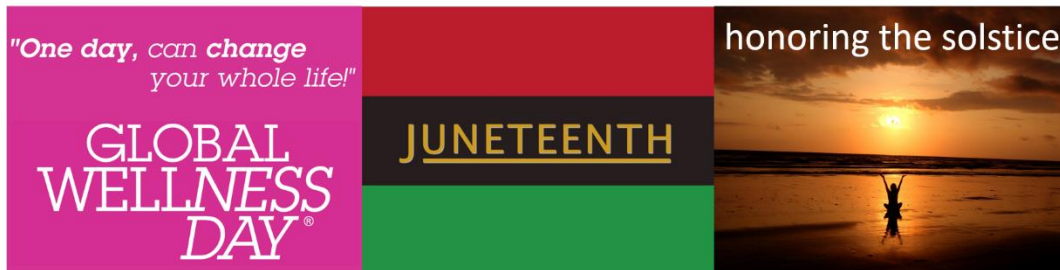
food • arts • community

virtual workshops, food demos, films & networking

June 12th

June 19th

June 20th



NINE DAYS OF WELLNESS

Berkeley, California – Bauman Wellness is pleased to announce its first free virtual Bauman Wellness Week from June 12th to the 20th. Nine days of wellness programs will honor June 12th [Global Wellness Day](#), Juneteenth and the June 20th Summer Solstice with over 30 virtual workshops, food demos, film premier and networking events.

“Wellness Week are first steps to realizing our vision and new journey of integrating healing foods, art and diversity while nourishing communities of wellness, in the service of humanity. We believe that Wellness Works when we make the journey together from “Otherness” to “Oneness”. Dr. Ed Bauman, Founder and Executive Director, Bauman Wellness

Featured virtual events will include:











- June 12th, 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 19th, **Celebrating Juneteenth** with Berkeley’s Shalonda Ingram and friends from [BornBrown.us](#) .
- June 20th, **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; and
- Nine lunch time networking sessions for wellness practitioners, workplace wellness professionals and individuals seeking to build wellness community.

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

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

Contact: Dr. Ed Bauman, Executive Director, Bauman Wellness
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CALENDAR OF EVENTS

										
	Sat-Jun-12	Sun-Jun-13	Mon-Jun-14	Tue-Jun-15	Wed-Jun-16	Thu-Jun-17	Fri-Jun-18	Sat-Jun-19	Sun-Jun-20	
Times										
11am	Joyful Movement	Water is Life			Kids in the Kitchen	Affordable Family Meals	Sleep	Bauman Healing Food		
2pm	Me, the "Other", film	Energy of Water		Science of Kindness	Let's Talk About Plastics		Me, the "Other", film	Honoring Juneteenth	Honoring the Solstice	
4pm	Bauman Wellness Works	Bauman Lose the Blues	Bauman Immune Resilience	Gentle Yoga	Grand Mother Stories	Bauman Immune Resilience		The Artist Within	Bauman Wellness Works	

12:30 to 1:30pm Lunchtime Networking Everyday