

SEPTEMBER 9, 2021

FOR IMMEDIATE RELEASE



Bauman Fall Wellness Week

food • arts • community

workshops, panels & networking

Weathering the Storms of Change

Berkeley, California – Bauman Wellness is pleased to announce its free virtual Bauman Wellness Week from September 18th to the 26th. Nine days of wellness programs will include unveiling the Peace Pole on September 21st on the United Nations International Day of Peace and the September 22nd Fall Equinox with over 51 virtual workshops, food demos, arts, and networking events.

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 events at Bauman Wellness Center (BWC) will include:

- September 19th, 25th and 26th full day programs at BWC;
- September 21st, **Peace Pole** unveiling **Celebrating UN Day of Peace** at BWC;
- September 22nd, **Honoring the Fall Equinox** at BWC.;
- *7 Weathering the Storms* sessions hosted by Dr. Ed Bauman and special guests;
- *Workshop Roundtables, including Covid Protection and Recovery, Food Wellness Tech & Radical Diversity;*
- *16 Special Workshops* by esteemed guests;
- *19 Self-Care Workshops* from Bauman Wellness facilitators;
- 9 lunch time virtual/in-person networking sessions for wellness practitioners, workplace wellness professionals and individuals seeking to build wellness communities; and
- 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](#).

Contact: Dr. Ed Bauman, Founder and Executive Director, Bauman Wellness

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[CALENDAR OF EVENTS](#)

Bauman Fall Wellness Week - *weathering the storms of change*

Times	Sat-Sep-18	Sun-Sep-19	Mon-Sep-20	Tue-Sep-21	Wed-Sep-22	Thu-Sep-23	Fri-Sep-24	Sat-Sep-25	Sun-Sep-26
8am-PT	Laughter Yoga	Covid Protection Roundtable	Gentle Yoga	Peace Meditation	Chi Self Massage	Laughter Yoga	Workplace Virtues	Covid Recovery Roundtable	Breakfast Tea
11am-PT	Weathering Storms of Change	Mental Wellness	Immune Resilience	Radical Diversity	Climate Healing	Food Wellness-Tech	Social Emotional Learning	Healing Foods	Film Talk- Inside Out
2pm-PT	Art for Wellness	Eating Seasonally	Affordable Nutrition	Greening Sacred Spaces	Backyard Gardening	Couple Wellness	Mushroom Medicine	Herbs & Spices	Joyful Family Meals
4pm-PT	Ancestor Stories	Film Talk Eat-Pray-Love	Releasing Pain	UN Day of Peace	Home Fermenting	Water is Life	Sleep	Celebrating Berkeley Community	Reflections & Commitments
7pm-PT	Musical Collaborations			Understand Trauma	Honoring the Equinox	The Artist Within	Soulful Sharings	Wellness Party	

12:30 to 1:30pm Lunchtime Virtual Networking Everyday

White on Orange Colored Events are Hybrid Virtual and Physical Events at 1007 University Ave., Berkeley, CA