

March 4 Wellness

March 4, 2021
1:00-4:00 pm
Registration is for
Adults Only!

Join us, virtually, for this FREE workshop focused on wellness and self-care for ourselves and our community. COVID-19 has created more challenges in our lives than ever before. Come sample some healthy and relaxing activities that can relieve stress. At our panel discussion, you may pose your questions and get tips from mental health professionals.

1:00 pm - OPENING SESSION: Panel Discussion

Join us for a discussion around how to best support children's mental health.

Presented by: Anna Barone-Fatigate, ADAPP and Cristina Harris, Vibrant Emotional Health

2:00 pm - Adult Breakout Workshops (pre-register for workshops listed below)

2:00 - 2:50 pm - Choose from:

Guided Meditation

Led by Jennifer Monness, Meditation Lab

or

Zumba

Led by Brianna Santana, Licensed Zumba Instructor

3:00 - 3:50 pm - Choose from:

Beach Oasis Art Activity

Led by Alexa Accardi, ADAPP

or

Sound Bath

Led by Marines Rodriguez, Sound Healing and Reiki Practitioner

YOUTH WORKSHOP SCHEDULE

2:00-2:25 - Dance, P&J Beacon 2:30-3:00 - Art and DIY, P&J Beacon
3:00-3:25 - Yoga Station 3:30-3:50 - Guided Meditation, Jennifer Monness

Register online: <https://adapp.org/event-calendar/>

by March 3rd. Choose the workshops you wish to attend.

For information regarding the event email: kimagee@adapp.org

Once you register you will receive a zoom link to the event.

Please check your spam folder for the email.