



# Fall Wellness Series: Healthy Mind Body and Spirit



*Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity – World Health Organization*

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being. As we come out of the pandemic that changed all our lives, let us work on re-building a positive mind-body-spirit connection to bring about a balance in our lives.

Join us for this six-week series on the holistic integration of physical, mental, and spiritual well-being. This series will focus on how we can fuel the body, engage the mind, and nurture the spirit through the medium of music and dance, literature, and guided meditation and mindfulness.

Each workshop is led by fabulous specialists who will help you re-focus and re-vitalize yourself!

**Thursday, October 14<sup>th</sup>**

**10:30 AM- 11:30 AM**

**(please note time change)**

**Express Your Positive**

**with Candida Rose Baptista**

Songwriting is an important form of self-expression and useful tool when it comes to mental health and well-being. We all have experienced an almost subliminal experience through music and lyrics. This workshop will explore the benefits of expressing positive thoughts and emotions through the art of songwriting. Participants will be encouraged to think of words or phrases that help to express positive emotions. The objective will be to attempt to create the beginnings of a song that will be exclusive to the Center and can be used in the future!