



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 7th

1:30 PM- 2:30 PM

Keep It Moving!

With Candida Rose Baptista

What fuels your spirit fuels your body-and nothing fuels the spirit more than music! Candida Rose leads us in this “moving” workshop that will explore the benefits of body movement through dancing, specifically, line dancing. We will “move” through different dance forms while standing or sitting and engage in some fun line dancing steps from the 50s - 60s (such as The Hully Gully and The Stroll) to contemporary party favorites (The Electric Slide and the Cupid Shuffle)