

Our Instructors

Janhavi Wadhvani is a Certified Meditation and Wellness Coach who has been teaching Breathwork and Meditation for over 22 years. She is the founder of Self-Sense, a practice focusing on Self Care and Self Awareness for Aging Adults. She is trained with the Art of Living Foundation, an international nonprofit organization as well as the Benson Henry Mind-Body Institute, associated with Harvard University

Dr Angelina Avedano is Professor of English, at Massasoit Community College. Angelina earned a Master of Theological Studies from Harvard Divinity School, a Master of Arts in English from Boston College, and a PhD in Mythological Studies from Pacifica Graduate Institute. She recently published her memoir and her articles, poems, and short stories appear in various publications.

Candida Rose Baptista is a vocalist, songwriter, entertainer, music and cultural educator. A graduate of the University of Massachusetts, Dartmouth where she graduated “Summa Cum Laude” with a Bachelor of Arts ,Music Degree. She has a Masters of Science Degree in Transnational, Cultural, and Community Studies

Kelsey McEntee is a Registered Dietitian with HESSCO, with about 6 years of experience in both inpatient dietetics and nutrition counseling. She has a passion for helping people lead healthier lives and is excited to be available to discuss nutrition topics.

Start Date: Sept 16th

Duration: Six weeks

When: Thursdays

Time: 10:30 AM

OR

1:30 PM

Cost: \$ 25 for six

Or

\$ 5 for drop-ins

**Pre-registration
required**

Call 781-828-1323

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

Fall Wellness Series At the Canton DEHS



**Canton Senior Center
500 Pleasant Street
Canton, MA 02021
Phone: 781-828-1323**

Thursday, September 16th

10:30 AM- 11:45 AM

Finding Happiness through Breathwork and Guided Meditation

with Janhavi Wadhvani

We have had to face new levels of anxiety caused due to loneliness, loss, and disruption in regular social activities during the last year. Through breathwork and guided meditation, participants are able to move through fear, anxiety, grief and other such emotions to a place of feeling more joy, inner peace and well-being. During the workshop, we will do some discussion-based processes, mindful movements, breathwork and guided meditation that will have participants feel energized and rejuvenated. The workshop will be highly engaging and interactive.

Thursday, September 23rd

10:30 AM- 11:30 AM

Forgiveness and Well-Being

with Dr Angelina Avedano

This workshop will explore strategies for identifying areas where forgiveness may improve well-being by learning to let go, forgiving oneself, and managing difficult emotions.

Fall Wellness Series: Healthy Mind Body and Spirit

Thursday, September 30th

10:30 AM- 11:30 AM

Mindfulness Every Day

with Dr Angelina Avedano

In this workshop, we will talk about how principles of mindfulness improve focus and well-being. Incorporating mindfulness every day increases a sense of wonder, gratitude, and inner peace. We'll look at day-to-day applications and discover how this practice helps us live life more fully.

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)

Thursday, October 14th

10:30 AM- 11:30 AM

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!

Thursday, October 21st

1:30 PM- 2:30 PM

Nutrition to Boost Energy and Mental Well-Being

with Kelsey McEntee

Nutrition plays a vital role in mental health and cognitive functioning. There is quite a bit of research that shows the brain-gut connection; therefore, maintaining a healthy gut with good foods can help to promote positive mental health and cognitive function. Nutrition can directly impact things such as memory, processing speed, mood (depression and anxiety) as well as physical energy and mental focus and attention.