

MIND, BODY & SOUL

A Week of Wellness and Self Care

DECEMBER 6 - 10, 2021

Events will take place via Zoom

Monday, Dec. 6

12:15pm - 1:15pm

Guided Art Meditation & Yoga

Tuesday, Dec. 7

6:00pm - 7:30pm

Draw It Out:
Relaxation Through Art

Wednesday, Dec. 8

12:15pm - 1:30pm

Healing Conversations

Thursday, Dec. 9

6:45pm - 7:45pm

Wellness & Spirituality
Hybrid: Kiley 170

Friday, Dec. 10

11:00am - 12:00pm

Yoga Nidra with
Chona Navarro



Program is free and registrations are required.

Link to register: tinyurl.com/WellAtQueens

*Image: Untitled,
Russel Theodore Limbach, Color Lithograph Print, GTM P367

