



Planting the Seeds: Mindful Foundations

Book your

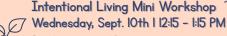
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RSVP now for fall

wellness stops!



Henrico Wellness Academy



Build core mindfulness skills to live with more clarity and intention.



Healthy Cooking Demo: DIY Snacks
Wednesday, Oct. 8th I 12:15 - I:15 PM
Learn how to prep simple, nourishing snacks with
mindfulness.



Emotional Eating (EAP Lecture) Wednesday, Oct. 15th I 12:15 - 1:15 PM

Recognize emotional eating triggers and learn mindful coping strategies.



Virtual Rooted Meditation Monday, Nov. 3rd | 9:00 - 9:20 AM

Start your week grounded with a brief body scan and breathwork session.



Grounded Calm Yin Yoga Fridays I I:00 - 2:00 PM

Slow down, release tension, and cultivate mindful presence.