

# FOUR FREE MENTAL HEALTH WELLNESS SESSIONS

## 6:30PM – 7:30PM

Each virtual session, geared toward those needing access to mental health information and tools, will have a facilitator for safe conversations, a presentation on a wellness tool, and information on community resources.

Registration for all events:

<https://us06web.zoom.us/meeting/register/tZ0pcuGgrzMuE9RzmtEZk3Tz8LOg7j3axTvS>

Link for the session will be sent after registering

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### FEB 8 - GUIDED RELAXATION

**Kathy Reid Walker, Facilitator**

*(Pastor at First Presbyterian Church and JONAH Religious Leaders Co-chair)*

**Anthony McMorran, Presenter**

*(Tuning Tree Healing Services)*

### MARCH 8 - CHAIR YOGA

**Yia Lor, Facilitator**

*(UWEX Human Development and Relationships Educator)*

**Ellen Dovre, Presenter**

*(Yoga Instructor and Physical Therapist)*

### APRIL 12 - BREATH WORK

**Luke Fedie, Facilitator**

*(Behavioral Health Administrator for Eau Claire County)*

**Anthony McMorran, Presenter**

*(Tuning Tree Healing Services)*

### MAY 10 - GUIDED MEDITATION

**Larry Winter, Facilitator**

*(Peer Support Specialist, Retired Chippewa DHS Director)*

**Ann Brand, Ph.D., Presenter**

*(Mindfulness Coach, Associate Lecturer at UW Stout)*

\*Presentations of tools will be recorded for those who cannot attend.

Any Questions, Contact JONAH: (715)-497-8732

