

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

SPONSORED BY CODY AND MOLLY FILIPCZAK FAMILY FUND OF THE ECCF

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

