



GROUNDING MINDS
WELLNESS WORKSHOP SERIES



MIND-BODY WELLNESS

Understanding the Connection
for a Healthier, Happier You



OPEN TO
THE COMMUNITY



SPACE IS
LIMITED

Did you know your thoughts, emotions,
and body are all connected?

Join us for an interactive workshop designed to
help you understand the powerful mind-body
connection and learn practical strategies to
support your overall well-being—inside and out.



WHO IS THIS FOR?

Adults looking to improve their overall
wellness, reduce stress, increase
energy, and feel better in both mind
and body.

No prior experience necessary.

WORKSHOP DETAILS



60
MINUTES



ADULTS
18+



LOCATION DETAILS
PROVIDED UPON
REGISTRATION

WHAT YOU'LL LEARN

- ✓ The science behind the mind-body connection
- ✓ How stress impacts your body (and what you can do about it)
- ✓ Simple practices to support mental and physical well-being
- ✓ Movement, nutrition, sleep, and mindfulness essentials
- ✓ Building daily habits that nourish your whole self



INVESTMENT

\$45

EARLY BIRD
REGISTRATION



\$59

STANDARD
REGISTRATION



Email
info@groundedminds.org

Ground yourself, no matter the storm. ♥

A Grounded Minds Wellness Workshop

LEARN. GROW. CONNECT.

This workshop is educational in nature and is not therapy,
counseling, or mental health treatment.
Participation does not establish a therapist-client relationship.

