



Virtual Wellness Wednesdays

Join us for Wellness Wednesdays, a virtual wellness series hosted by Anthropedia in collaboration with Northwest Well and the Kirkwood-Webster Well-Being Initiative. Both initiatives are grassroots and community-based, providing free and sliding-scale wellness resources in the Jefferson County and Kirkwood-Webster communities.

Meditation Class

11/4 , 11/11, 11/18; 7-7:30pm CT; Free

The meditation classes rotate through various practices that focus on meditation, mindfulness, and contemplative approaches. Our techniques will allow you to calm the tensions and struggles in your thoughts, become more aware of your senses and surroundings, and help you to experience an increased sense of well-being.

Join Here: <https://bit.ly/3oHxN1y>.

Know Yourself Workshop

3-Part Workshop taking place on the following Wednesdays from 7-8:30pm CT: 12/2, 12/9, 12/16; Free

This workshop is designed to help you increase self-understanding and improve your overall well-being. The workshop consists of three 90-minute sessions and will focus on part one of the *Know Yourself* series developed by the Anthropedia Foundation. You will explore concepts, tools, and exercises to foster calmness, self-awareness, emotional intelligence, and mind-body health. All of the exercises and practices that you will learn are designed to stimulate the development of the brain, particularly the prefrontal cortex.

To register for the *Know Yourself* workshop, please email lpennington@anthropedia.org.



sustainable well-being in a changing world

