

WELLNESS HOUSE OF ANNAPOLIS

Quarterly Program Guide

www.annapoliswellnesshouse.org

Social Offerings

Wellness House will be hosting several social gatherings designed for both our members and the special people in their lives. These new events differ from our regular member-only socials, as they are intended to include guests—family, friends, and loved ones—who have provided support throughout the cancer journey, even if they are not Wellness House members themselves.

Wellness on the Water

Join us at Eastport Yacht Club for lunch followed by a boat ride on a sail or motor boat. Limited Availability.

Facilitated by Eastport Yacht Club Captains & Staff

June 9

11:30 a.m.-4:30 p.m.

(Invite one guest)



Blue Angels Viewing Party

We invite you to bring a chair or blanket, enjoy some lemonade, and sit on our lawn to watch the amazing Blue Angels as they celebrate the Naval Academy graduates.



May 20

1:30-3:30 p.m.

(Invite up to 2 guests)

Young Adult Circle Open House

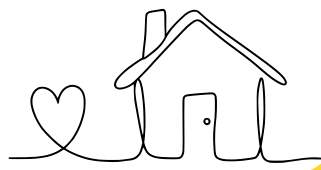
Join us for the inaugural Young Adult Circle Open House at Wellness House. In recognition of Young Adult Cancer Awareness Month, this gathering offers a welcoming space for young adults impacted by cancer to meet, connect, and help shape future programming. Enjoy light bites & mocktails, relaxed conversation, and the opportunity to build meaningful connections with others who have lived this experience. Whether you are in treatment, post-treatment, or supporting a loved one, you are warmly invited to attend. Appropriate for 20-40 year olds.



April 23

5:30-7:30 p.m.

(For Members Only)



APRIL-JUNE 2026



Wellness House
OF ANNAPOLIS

CONTACT US

410-990-0941

Admin@annapoliswellnesshouse.org

Registration required for every offering.

You must be a member to take part in our services.

All offerings are for adults only unless labeled a children, teen or family offering.

No children are allowed on premises during adult-only offerings.

ALL SERVICES FREE OF CHARGE TO MEMBERS

TO BECOME A MEMBER:
PLEASE VISIT OUR WEBSITE AT
WWW.ANNAPOLISWELLNESSHOUSE.ORG

Individual Services Available:

- Individual & Family Counseling
- Advanced Illness Doula Consults
- Healing Touch, Massage & Reiki Sessions
- Life Coaching Sessions
- Music Therapy Sessions

Call us for more information.

The mission of Wellness House of Annapolis is to provide support, education, and services to help individuals and families who have been touched by cancer recover their health and well-being in a home-like environment.

Wellness Offerings

These programs help process the cancer experience, as well as enhance coping, increase overall self-care and management of stress, while supporting a mind-body-spirit approach to healing and well-being.

Wake-up Gentle Stretch

Join us as members are guided in a gentle, morning stretch routine. This class will be led from a seated position in a chair. Please have a strap, belt, or towel available for an extra good stretch. Give your body a treat to start your week.

Instructed by Mandy Mona, Therapeutic Yoga Therapist

April 6, 13, 20 & 27

May 4, 11 & 18 (No class 5/25)

June 1, 8, 15, 22 & 29

9:00-9:45 a.m. online

Yoga with Kathleen

Come join Kathleen in a gentle yoga-flow class and discover how soft movement, breath and relaxation can replenish your energy and soothe your soul. Centering breathwork and warm-up stretches will bring you to the present moment, followed by a gentle movement of postures designed to release tension foster flexibility and create a peaceful state of mind. Modification will be offered in a safe and support environment.

Facilitated by Registered Yoga Instructor, Kathleen James

Monday's-11:00 a.m. -12:00 p.m. in-person

April 6, 13, 20 & 27, May 4, 11 & 18 (No class 5/25)

June 1, 8, 15 & 29 (No class 6/22)

Wednesday's-10:00 -11:00 a.m. in-person

April 1, 8, 15, 22 & 29. May 6, 20 & 27 (No class 5/13)

June 3, 10 & 17 (No class 6/24)

Please sign up for only 1 offering each week so that everyone who wants to participate has the opportunity.

The Walk Within - Meditation

In this guided meditation class we will explore and uncover rich inner resources for peace, healing and inspiration. Join us every Monday, as we welcome the week together inviting balance and grace into our daily experience.

Facilitated by Sydney Schutzman, 200 EYRT, 500 ERYT, YACEP

April 6, 13, 20 & 27

May 4, 11 & 18 (No class 5/25)

June 1, 8, 15, 22 & 29

11:30 a.m.-12:30 p.m. online

Living Above Your Diagnosis

Join us in getting inspired to explore the world of well-being and positivity! The facilitators will share insights and wisdom and the art of cultivating a strong positive mindset, embracing hope, and being your best self in any circumstance.

Facilitated by CEO, Mary Jermann and Wellness House Member, Daniel Wellington

April 1, May 6 & June 3

11:00 a.m.-12:30 p.m. online

Oncology Yoga

The class is designed to address the specific needs of cancer patients and survivors. The practice helps mitigate side effects, support the immune system, and meet healthcare guidelines for movement. Our goal is to provide an empowering experience to participants.

Facilitated by Stephanie Gaines-Bryant,

Registered Yoga Instructor, Owner-Radio Yogi Health & Fitness, LLC

April 1, 8, 15, 22 & 29

May 6, 13, 20 & 27

June 3, 10, 17 & 24

4:00-5:00 p.m. online

Yoga Nidra

Yoga Nidra is a series of mind, body, and awareness techniques that allow you to disengage from your mind by entering the space between waking and sleeping. It is an excellent tool for stress as it trains the body and mind to disconnect from stress-producing thoughts and helps to balance excess tension in the body.

Offerings facilitated by Julia Simmons, RYT

Wednesday's-5:00-6:00 p.m. online

April 22 & 29/May 20 & 27/June 10, 17 & 24

Thursday's-7:30-8:30 p.m. online

April 23 & 30/May 21 & 28/June 11, 18 & 25

Sessions are 7-8 weeks long with breaks in between.

Walking Group

This group is an active social group that gathers members to meet, motivate, and support each other. It will promote mental health, emotional health, positivity, and interaction with others. We will walk at Quiet Waters Park (During inclement weather and through the wintertime, we will walk at Annapolis Mall).

Facilitated by Wellness House Volunteers

April 3, 10, 17 & 24

May 1, 8, 22 & 29 (No group 5/15)

June 5, 12, 19 & 26

9:30-11:00 a.m. in-person

Evening Yoga

This gentle yoga class is designed to help you relax, stretch, and strengthen your body through slow, mindful movements and deep breathing. Perfect for all levels, it promotes relaxation and well-being while honoring your body's needs and limitations.

Facilitated by Jennifer Montgomery, certified YTT and Breathwork Facilitator

April 7, May 5 & June 2

5:30-6:30 p.m. in-person

~Turn to next page for more wellness offerings~

Healing Through Art with Christalene

In this therapeutic art time, you may find yourself painting a positive affirmation, meditating as you create a mandala, or laughing with others as she guides you in fun interactive play.

Facilitated by Christalene Karaiskakis, Visionary Intuitive, and WH Volunteer

April 8, May 13 & June 10

11:00 a.m.-1:00 p.m. in-person

Horse Connections

For those members who can't get enough of horses, join a fellow wellness house member for an intimate and relaxing opportunity to spend time grooming and enjoying Chesapeake Dressage's healing herd. Offered for two members at a time, this program allows for participants to experience the gift of connection, while giving back loving affection to their equine partner.

Facilitated by Angie Burnett, Equine Specialist

April 6 & 27/May 4/June 1

10:00-10:30 a.m. in-person

Poetry Writing Workshop

Poetry workshop that promotes healing through writing. Everyone interested in writing poetry is invited, whether you've ever written a poem or not. This could be your first workshop, or you might be an occasional attendee, or maybe you come every time. All are welcome.

Facilitated by Writers, Janice Booth and Natalie Canavor

April 21, May 19 & June 16

10:00 a.m.-12:00 p.m. in-person

Sound Journey

Come join us in experiencing a deeply restorative journey using a variety of sounds, connecting the mind, body, and soul. This gentle, noninvasive modality supports mental, emotional, and physical balance, bringing you back to a state of harmony and well-being.

Facilitated by Susan Richards, Personal Sound Meditation Facilitator, Reiki, Energy, and Crystal Practitioner

April 9, May 14 & June 11

6:45-7:45 p.m. in-person

New Offering! Tai Chi

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state that joins mind and body, Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation.

Facilitated by Joan Harris-Ternovan, Tai Chi Instructor

April 14, May 12 & June 9

10:00-11:00 a.m. in-person

Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT), also known as Tapping, is a simple and gentle way to calm emotional stress. As you focus on a troubling thought or feeling, you tap lightly on specific points on the face and upper body—no needles required. This process can help ease emotional intensity, reduce stress, and promote a sense of balance and peace of mind.

Facilitated by Christine Hunt, Life Wellness Coach, Certified EFT & Matrix Reimprinting Practitioner

April 23, May 28 & June 18

4:00-5:30 p.m. online

Zentangle® Meditative Art

Zentangle® is a portable art that uses simple strokes to create patterns and beautiful designs. This elegant art form blends meditation with drawing. This method has been known to increase focus and creativity while mitigating insomnia and anxiety. No drawing experience or expertise is needed.

Basic Materials Needed: pencil, copier paper or drawing paper, Q-Tip, fine tip pen where the ink flows (ballpoint is not recommended).

Advanced Materials (if desired): Pigma Micron pen/black sizes 01 and 05, Tortillon

Facilitated by Dawn Schulman, CZT (Certified Zentangle® Teacher)

April 14, May 12 & June 9

1:00-2:30 p.m. online

Forest Bathing

Join a certified nature and forest therapy guide for a slow, sensory-focused walk designed to help you relax and connect with the natural world. Mindful time outdoors has been shown to support healthy blood pressure, boost immunity, and lower stress hormones. Expect to feel refreshed after this gentle one-mile walk, which includes a few brief seated pauses.

Facilitated by Laura Armstrong Falvey, Forest Therapy Guide

May 11 (Rain date May 12)

10 a.m.-12:00 p.m.-held at the trails at Quiet Waters Park

Sound Meditation

Feel yourself slip into a peaceful, meditative state as the calming sound waves of crystal & Himalayan singing bowls, bells, chimes, and vocal tones surround you.

Facilitated by Stacey Johnson, Yoga & Sound Meditation Teacher

April 15, May 13 & June 10

11:00 a.m.-12:00 p.m. online

Women's Healing Circle

Reiki • Sound Bath • Meditation • Rite of the Womb Initiation
This special gathering offers a nurturing circle for women on the cancer journey to reconnect with their inner healer and receive deep energetic nourishment. The "Rite of the Womb," a gentle ceremonial practice supporting healing, release, and reconnection with the feminine spirit, is shared as part of this restorative experience.

Facilitated by Robbie Wells, Holistic Healing & Wellness Coach

May 4

5:00-7:00 p.m. in-person

Death Café

At Death Café, we gather to eat cake, drink tea, and discuss death.

Our objective is to increase awareness of death to help people make the most of their "finite," magnificent lives. A Death Café is a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session.

Facilitated by Carey M. Palmquist, MSM & Advanced Illness Doula

April 28 & May 26 (No June date)

5:30-7:00 p.m. in-person

New Offering! Healing Harmony Circle

Meditation • Sound Bowls • Reiki

Join us for a peaceful one-hour group experience designed to support relaxation, balance, and healing. Krystle (Reiki Master), Robbie (Sound Bowl practitioner), and Linda (Healing Touch & Reiki facilitator) will guide participants through gentle meditation, soothing sound bowl vibrations, and Reiki energy to support your personal intention for well-being. This group will offer a nurturing space to pause, restore, and receive. **Facilitated by Krystle Mitchell, Linda Soaper & Robbie Wells**

April 23, May 28 & June 11

2:00-3:00 p.m. in-person

Social Support Offerings

Wellness House offers a safe place for connections between people experiencing cancer as patient, caregiver, or family member. These activities and gatherings are spaces for fun times and friendship where "people just get it."

Artistic Expressions

Join us each month as we discover a new art form. Complete a project to take home and possibly release a new passion!

Facilitated by a variety of local artists.

April 7-2:00-4:00 PM (in-person)

Good Girl Market & Studio owner, Shannon Haddaway, will lead us in making incense holders & sage bundles with a sound bath. Incense holders made out of clay. **Held at Good Girl Studio- 21B Riverview Ave, Annapolis, MD 21401**

May 18-1:00-3:00 PM (in-person)

Artist Gayle Kassal will lead us. Come paint your own sweet butterfly with acrylics. You'll play with color, simple techniques, and gentle guidance to create a butterfly that's uniquely yours. **Held at Wellness House.**

June 3-1:00-3:00 PM (in-person)

Artist Viki Keating will lead a fused glass project creating a portrait (Please bring a photo to use as reference). **Held at Wellness House.**

Knitting & Crochet Group

Whether you're a beginner or a seasoned knitter or crocheter, this group is designed to bring together fiber enthusiasts of all skill levels. We hope to enhance knitting skills through shared learning, build meaningful connections & give and receive support for each other.

Facilitated by Mary Lynn Willard, Wellness House Volunteer

April 2 & 16/ May 7 & 21/June 4 & 18

12:30-2:30 p.m. in-person

Tea Time

Members (new and established) are invited to come and pour their favorite cup of tea and connect with one another. This is a time to learn more about Wellness House services, converse with other members and ask questions.

Facilitated by Jen Caughron, Volunteer & Member Manager

April 9, May 14 & June 11

2:00-3:00 p.m. in-person

Flower Arranging Workshop

Guided by either the Four Rivers Garden Club or the Wellness House Garden Club, you can learn techniques for creating seasonal arrangements to brighten your home or share with someone. No experience needed—come ready to create and enjoy the healing power of flowers.

April 16 & June 18 (No May date)

11:00 a.m.-12:00 p.m. in-person

Prayer Circle

A non-denominational prayer time for sharing positive energy. Join in to listen and share the celebrations, cares, and concerns of our members.

Facilitated by Reverend John Crestwell

April 3, 10, 17 & 24

May 1, 8, 15, 22 & 29

June 5, 12, 19 & 26

9:30-10:00 a.m. online

~Turn to next page for more social offerings~

Horse Time!

Spend some time with the retired horses of Chesapeake Dressage Institute behind the Wellness House. We will give them nose pets and carrot treats!

Facilitated by Angie Burnett, Barn Manager

April 6 & June 8 (No May date)

1:00-1:30 PM in-person

Jewelry Making Workshop

Each month, Leigh and her assistants, Pat Ross and Rusty Dodson, lead participants through a new jewelry or craft project. Projects may include necklaces, earrings, bookmarks, mobiles, or driftwood sculptures, typically incorporating beads and wire. Sessions include instruction in relevant jewelry-making skills, and activities are designed to be suitable for all skill levels.

Facilitated by Leigh Gruber, Wellness House Volunteer

April 14, May 19 & June 16

1:00-3:00 p.m. in-person

Book Club

Our book club is a welcoming, social group that gathers each month to discuss a different popular book, fiction or non-fiction. We aim to create a space where participants can take a brief break from their cancer journey and enjoy conversations sparked by our latest read. All are welcome!

Facilitated by Marge Thomas, Wellness House Member & Volunteer

April 20, May 18 & June 15

6:00-7:30 p.m. online

Open House with the ASO

The Annapolis Symphony Orchestra regularly visits Wellness House to bring the healing power of live music to our members. These performances offer a chance to relax, connect, and find joy, creating a peaceful and inspiring experience that supports emotional well-being during the healing journey.

April 13

1:00-2:30 p.m. in-person

Mental Health Offerings

Therapy Groups

Therapy groups are facilitated by a licensed therapist and focus on developing coping skills, processing emotions, and deepening self-awareness for resilience and strength.

Healing with Horses

Come and experience the healing power of horses to transform, empower, and inspire. In this 90-minute group, participants will partner with a Equine Gestalt Coach, and Angie Burnett, Equine Specialist, to deepen their knowledge of self and harness their innate resilience.

Facilitated by an Equine Gestalt Coach & Angie Burnett, Equine Specialist

April 6, May 4 & June 1

12:30-2:00 p.m. in-person

April 27, May 18 & June 15

3:30-5:00 p.m. in-person

Healing with Music

This workshop provides a warm, supportive environment for those who enjoy being part of a community, where you can connect with others through rhythm exercises, creative expression, and collaborative music-making. This group will focus on using music to help you heal, find peace, and feel supported on your journey.

Facilitated by a Music Therapist from Annapolis Music Therapy

April 7, May 5 & June 2

11:00 a.m.-12:30 p.m.

Grief Therapy Group

In this monthly group, we will spend 90 minutes exploring topics of grief and loss. We will cover a range of topics from felt emotions, the journey of grief, anxiety, mindfulness, etc. We will explore through story sharing, witnessing, prompts, and psycho-education. Please join us, in circle, to explore how you can live with grief.

This group is intended for people who have experienced the loss of a loved one.

Facilitated by Lisa Eschbach, LCSW-C, CSAT, Mother Hunger Facilitator

April 14 & May 12 (No June date)

5:30-7:00 p.m. in-person

Couples Therapy Group

Explore the elements of navigating cancer as a couple in this 60-minute, in-person support group. Licensed therapist Sarah Weatherwax joins participants to delve deeper into topics relevant for your relationship in the cancer journey, providing a safe place to connect, share, and learn helpful tools to strengthen your partnership.

To participate in the group therapy session, both partners must be present.

Facilitated by Sarah Weatherwax, LMSW

May 21 & June 18 (No April date)

6:00-7:00 p.m. in-person

~Turn to next page for more mental health offerings~

Living Well with Cancer

For adults living with cancer focuses on building coping skills, emotional resilience, and personal growth. Participants are invited to connect with others who understand the cancer experience while learning practical tools to navigate challenges, reduce stress, and strengthen a sense of support and community. **Facilitated by Katie Jank, LCSW-C**

April 22, May 27 & June 15

6:00-7:30 p.m. in-person

Support Groups

Support groups are facilitated by licensed and certified professionals and are designed to create a safe, empowering space where participants can share their experiences and learn alongside others navigating similar challenge.

Men with Cancer Support Group

This group offers men experiencing cancer an opportunity to connect with each other, normalize the challenges they face, and share strategies that work in meeting those challenges.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

April 13 & 27/May 11/June 8 & 29

5:30-7:00 p.m. online

Your Next Move: Coaching for Men Touched by Cancer

Through coaching, this group empowers men to navigate life's transitions with confidence and resilience. Coach John combines evidence-based techniques with empathetic listening to create a supportive, theme-based space where participants can explore strengths, set meaningful goals, and build accountability.

Facilitated by Dr. John Wojcik, DBA, JD

April 21, May 19 & June 16

5:30-6:30 p.m. in-person

Living with Cancer Support Group

This evening support group is for anyone who has been diagnosed with cancer at any point in their cancer experience. This group is designed for individuals with cancer to connect with one another by sharing information, challenges, celebrations, and feelings surrounding day-to-day life with cancer.

Facilitated by Virginia Barnes Ricketts, MS, LCPC

April 7, 14, 21 & 28

May 5, 12 & 26 (No 5/19 group)

June 2, 9, 16, 23 & 30

6:00-7:30 p.m. online

Caregivers Support Group

Being a caregiver can be both an honor and a challenge. This monthly support group provides caregivers the opportunity to share their journey with other caregivers. **Facilitated by Sherry Cormier, PhD**

April 1, May 6 & June 3

6:00-7:30 p.m. online

Healing in Color

A support group for women of color who are impacted by cancer. This is for any stage of cancer- survivorship, metastatic, newly diagnosed, or active treatment. The goal is to empower, educate, and support one another through a safe space where women of color are able to process and express themselves. Please bring a journal and a pen.

Facilitated by Leah Saliter, Death Doula and Yoga Teacher

April 1 & 15/ May 6 & 20/June 3 & 17

6:00-7:00 p.m. online

Cancer Loss Bereavement Support Group

For members who have suffered a loss of a loved one to cancer. Join one another to listen deeply, share your experience, and find hope and healing through community.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

April 2 & 16/ May 7 & 21/June 4 & 18

10:00-11:30 a.m. online

Multiple Myeloma Support Group

This group provides an opportunity for individuals diagnosed with Multiple Myeloma and their caregivers to get together for mutual support, education, sharing, and friendship.

Facilitated by Sally Sellman, NCC, LCPC, HTCP

April 9, May 14 & June 11

10:00-11:30 a.m. online

Therapeutic Workshop

Expressive Clay – Healing Through Creative Touch

This hands-on expressive arts workshop invites participants to explore emotional expression, self-reflection, and inner resilience through the tactile and grounding medium of clay. Using gentle prompts and collaborative creative exploration, participants will shape, mold, and transform clay as a way to access feelings, stories, and inner strengths. No artistic experience is necessary—this workshop is about process, not product. Clay offers a rich sensory experience that can support relaxation, emotional release, and a sense of presence.

Facilitated by Courtney Glickman, PhD

May 26

10:00-11:30 a.m. in-person

Children & Family Offerings

The Wellness House Children and Family Program helps children and adolescents who have been touched by a cancer diagnosis in their family connect and grow with peers who are experiencing similar circumstances. We offer therapeutic workshops on topics relevant to the cancer journey, special experiences for fun and community building, and ongoing therapeutic groups for children and teens.

COMMUNITY

Family Night

Family Night is a quarterly program created for families impacted by cancer to come together for connection, support & fun!

Join us for a special hands-on flower arranging workshop. Led by members of the Four Rivers Garden Club, families will work together to create a beautiful floral arrangement to take home. This workshop is a wonderful opportunity to slow down, be creative, and connect with one another and perhaps try something new. The workshop will be completed in pairs, with one guardian partnered with one child.

Facilitated by Four Rivers Garden Club, Child Life Specialist Meghan Siegel & Katie Jank, LCSW-C

May 21
5:30-6:30 p.m.



Horse Connections

This is an intimate and relaxing opportunity to spend time grooming and enjoying Chesapeake Dressage's healing herd. Offered for one family with kids 17 & under (three total with at least 1 adult) at a time, this program allows for participants to experience the gift of connection while giving back loving affection to their equine partner.

April 13 & June 8 (No May date)
4:30-5:00 p.m.



Wild Wellness Group

Wild, nature-based play is one of the most healing and therapeutic spaces for kids and teens! We are excited to bring the magic of Wellness House to the outdoors! This group offers a mix of play & wilderness therapy and outdoor activities to support kids and teens ages 5 to 17. Weather permitting, we'll explore outside, rain or shine, we'll always meet to play, connect, and support one another. Adventure awaits!

Facilitated by Katie Jank, LCSW-C

April 1, May 6 & June 3
5:30-7:00 p.m.



Healing with Horses

This therapeutic group brings the magic of horses to inspire and connect. Offered for children ages 5-17. Participants are invited to partner with horses to practice life skills, learn mindfulness and stress-reducing techniques, and create a safe, collaborative space to grow and be seen.

Co-facilitated by Angie Burnett, Equine Specialist, Joyce Cowfer, Equine Gestalt Coach & Katie Jank, LCSW-C

April 27 & May 18 (No June date)

5:30-6:30 p.m.



Paint Your Rainbow Summer Camp

Making Waves~Embracing the Flow

Join us for our annual therapeutic summer camp where children age 5 - 12 learn, explore, grow, and heal through the magic of connection.

June 22-26
9:00 a.m.-1:00 p.m.
5-12 Year olds

Held at Wellness House



Parent Corner

If you would like to connect with other parents or guardians of school aged children touched by cancer, join them on the porch at Wellness House during Wild Wellness. Periodically, this time will be used to offer parent workshops.

April 1, May 6 & June 3
5:30-7:00 p.m.



Any child, parent or guardian taking part in programs must be a member.

~Registration is required for our offerings~

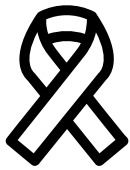
Have a question or concern about your child related to a program?
Please email Meghan.S@annapoliswellnesshouse.org

Wellness House offers individual & family counseling as well as consultations with our Child Life Specialist for help navigating challenges with your children.

~Call us for more details~
410-990-0941

Educational Workshops

These programs empower survivors, families, and caregivers by providing valuable information and practical tools to develop stronger, healthier lifestyles expanding self-care and enhancing coping skills while navigating a journey through cancer.



April 16
6:00-7:00 p.m. online

Advancements in Cancer Screening and Detection in Maryland

Join us for an enlightening webinar focusing on the latest cancer data in Maryland and groundbreaking advances in cancer screening and detection. Johns Hopkins Community Outreach & Engagement team will delve into current Maryland statistics and trends, highlighting the impact of new technologies on early diagnosis and treatment.

Facilitated by Jalecia King, MPH, Community Outreach Manager

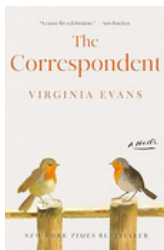


May 27
1:00-2:30 p.m. in-person

Better Breathing: Nourishing Wellness Through Breath

Learn the basic techniques to nourish your wellness through better breathing practices. Tame stress and anxiety; improve sleep quality; lower blood pressure; and build immunity with simple, accessible practices that are easily adapted to your wellness routines.

Facilitated by Gwenn Marie, Certified Breath Coach



Part 1-May 13
5:30-7:00 p.m. in-person

Where Words Meet Grace: A Workshop for Life's Most Meaningful Chapters

The Correspondent by Virginia Evans is a gentle, reflective book that invites readers to explore the meaning of connection, memory, and the stories we leave behind. In this 4-part workshop series we will invite reflection on some of the letters in the book and work to identify our own "correspondents," creating messages, journals, or recordings that capture our hopes, wisdom, and love. This book becomes a springboard for meaningful legacy work, providing language and creative prompts that help Wellness House members express what matters most and live each day to the fullest. Members do not need to attend all four workshops to receive benefit from one offering.

Facilitated by Carey M. Palmquist, MSM & Advanced Illness Doula

Each consecutive part of this series will run the second month of each quarter.



May 20
12:00-2:00 p.m.
in-person

Healing Touch Workshop

Join Wellness House's own Sally Sellman, for an educational and hands-on healing touch workshop. Learn about the history of healing touch and how you can experience it with a practitioner, and use it for self-healing. Observe demonstrations on how to assess energy fields and practice the Pain Drain and Ultrasound technique. Born out of the nursing profession, this powerful technique influences the energy system, restoring harmony, balance, and creating emotional and spiritual healing.

Facilitated by Sally Sellman, NCC, LCPC, HTCP



June 17
5:00-7:00 p.m.
in-person

Conscious Cooking for Healing

Discover how to shop mindfully, choose foods that fight cancer and inflammation, and cook with intention. Enjoy a live demo (soup, side, or dessert) while exploring how cooking and eating can be a healing experience. Participants will also receive a free consultation!

Facilitated by James Melnick, Nutritionist and Wellness Coach



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admin@annapoliswellnesshouse.org

~All Services Free of Charge to Members~



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to our podcasts