

Wellness Festival

Supporting Hope and Healing



Sunday, October 17, 1-5pm

At the United Church of Christ
23 Central Square, Keene NH



Masks Required

Activities for the Body and Movement

- 1:00-2:00 Yoga with Josephine Russell
- 2:30-3:30 Emotional Regulation Through Dance and Movement – offered by NHDl
- 4:00-5:00 Fabulous Fitness Fun with Pam and Richard Clough

Activities that Promote Spiritual Health and Peace

- 1:00-2:00 Trauma Informed Living Meditation Practice & Sound Therapy with Kim Gebro
- 2:30-3:30 Gong Meditation with Aylene Wozmak
- 4:00-5:00 Communal Prayer, Stories and Songs with Rabbi Dan Aronson

Activities for Creative Expression (all ages welcome)

- 1:00-3:00 Explore Emotional Experiences Through Artistic Creativity facilitated by Katharina Rooney

Activities for Children and Families in the Park

- 1:00-2:00 Hula Hooping with Cael Guilford
- 2:00-2:30 Breath and Bubbles with Bethann Claus
- 2:30-3:00 Story Time Under the Tree with Rabbi Dan
- 3:00-3:30 Not So Scary Scarecrow with Tina Borsa
- 3:30-4:00 Show Me How You Feel with Ribbons with Bethann Claus
- 4:00-5:00 Dance It Out with NHDl

Raffle for Prizes

Many handmade items by local donors

This event is sponsored by:



Admission Free

Donations Gratefully Accepted

All proceeds from the Maps Wellness Festival will be allocated to our Hope and Healing Fund, which provides financial assistance to ensure access to quality mental health care.

*Please make your tax-deductible contributions to:
Maps Counseling Services 23 Central Square, Suite 300, Keene, NH 03431
Online Donation Form - MapsNH.org*