

THRIVING TOGETHER: NURTURING WELLNESS IN THE FAMILY AND IN YOU

Panel Discussion, Workshops and Resource Fair



SPONSORED BY
THE OFFICE OF THE
PRESIDENT AND LIBRARY
& LEARNING RESOURCES

SATURDAY, MAY 31 10 A.M.- 2 P.M.

EL CAMINO COLLEGE CAMPUS THEATRE
FREE PARKING: REDONDO BEACH BLVD. PARKING LOTS J AND K
(Redondo Beach Blvd. & Crenshaw Blvd.)

In partnership with the National Coalition of 100 Black Women, Inc. – Los Angeles Chapter and the California Black Women's Health Project this event will explore how trauma moves through generations and its profound effects on family units and individual lives. Expert panelists, interactive workshops and the resource fair will provide valuable insights,

strategies, and support systems to address these impacts effectively.





Event Highlights:

- Wellness Activities
 - Plant Therapy
 - Art Therapy
 - Stretch and Flow
 - Yoga
 - Pet Therapy Dogs
- · Expert Wellness Panel Discussion
- Educational Workshops
- · Resource Vendor Fair
- Storytelling for Children
- · Healthy Food/Cooking Demonstrations
- · FREE Food & Refreshments

View the full schedule at www.elcamino.edu/community.

RSVP Online:



www.elcamino.edu/ community

Accommodations: If you anticipate needing any type of accommodation, or have questions about the physical access provided, email lcooks@elcamino.edu.



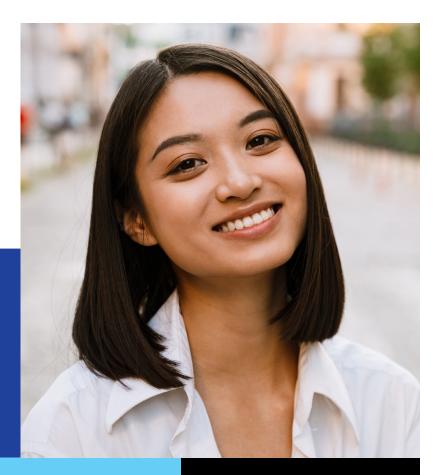






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