



Curriculum Summary

8:30 am – 4:30 pm, Saturday, May 18: Path Towards Wellness

Participants will have a chance to meet each other and program facilitators. We will establish what participants can expect throughout the workshop series. Participants will develop group intentions and begin exploring their individual wellness practices.

8:30 am – 4:30 pm, Sunday, May 19: Why Wellness Matters

During this session participants will begin to deepen their awareness around work-life balance. Participants will also begin establishing relationships and networks of support that will last beyond the workshop series.

Weekend Retreat | 1:00 pm Friday, June 28 – 1:00 pm Sunday, June 30

Friday: Culture and Work

Participants will begin exploring what wellness currently looks like for them as well as envisioning what wellness could look like in the future. Participants will explore their how culture and identity impact wellness in the work place.

Saturday: Wellness and Work

Participants will connect their vision for wellness to their real lives. They will explore challenges to implementing wellness practices and strategies to negotiate those challenges.

Sunday: Wellness in Action

Participants will outline a wellness path and develop a plan for implementation. They will strategize with peers to name resources for putting their wellness plans into action.

TBD: Reflection

Participants will provide in depth reflection and feedback on the impact of *Healing for Social Change* in their lives.

9:30 am – 3:00 pm, Saturday, August 31: Growing Together Celebration

Participants will celebrate their journey towards wellness. They will have an opportunity to share skills and wellness practices they have incorporated in their lives.