

UPCOMING WHOLE HEALTH EXPERIENCES

FEB
12
2PM

FAMILY FUN DAY QIGONG

WLFC STUDIO 4

Come experience Mindful Movement through Qigong. Qigong (pronounced chee-gong) is an ancient Chinese exercise & healing technique that involves movement exercises, controlled breathing, & meditation. It is suitable for beginners & students who are pregnant. No registration necessary!

Whole Health Facilitator: Paul Davis

FEB
14
6PM

ART FROM THE HEART

WLFC DEEP END

This Valentine's Day give yourself the gift of LOVE! Join us for a true & personal connection of the heart. Through this art experience you will explore what truly matters to you in your life. No art skills necessary. \$45. **FOR REGISTRATION INFO CLICK HERE.**

Facilitator: My-T-By-Design

FEB
18
10AM

MINDFUL HIKE

COLER PARK

A Whole Health Facilitator will meet associates at Coler Park. Be introduced to a Pause, Notice and Choose, moment & learn the science behind health & nature as well as the value of taking time to slow down. No registration necessary.

Whole Health Facilitator: Jo Fone

MAR
4
10AM

MINDFUL MOVEMENT

WLFC STUDIO 2

Reduce your pain & prevent injuries. In this class we will pay attention to what your body is telling you. Identifying your source of tension and pain, then practicing mindful movement to improve circulation, create muscle relaxation, & improve your mobility. No registration necessary.

Whole Health Facilitator: Candice Wheat

DETAILS FOR THESE EVENTS & MORE AT WLFC.WALMART.COM