Women’s Wellness Day 2017

A Day to explore and learn about alternative paths to Health and Wellness.

Friday March 3, 2017  8:30 - 5:00 pm

8:30    Sign in - Cinnamon Rolls, Juice and Coffee
9:00    Welcome                            Penny
9:05    Blessing                           De Alva
9:10    Chair Yoga with Ote
9:30    Trauma and Our Development         Gwen Hurd
        from Sage Circle Counseling Center
10:30   Break
10:35   Healthy Relationships, Boundaries & Self Care
        with Marian and Bonnie from the Dove Center
11:25   Group Meditation                   Rona Yellowrobe
11:50   Honoring Women of Excellence       Penny & Cierra
        Announcements for Afternoon Activities
12:00   Lunch

1:00 - 5:00    Self-Care Time                Everyone
               Energy work with De Alva
               Massage with Roger and Miranda
               Foot Zone Therapy with Lynette and Laurie
               Life Path Readings with Victoria Lagerstrom
               Sound Massage with Betina
               Manicures / Pedicures
               Dry Haircuts / trims with Stevie and Friend
               Crafts with Mandy

This event strives to offer information and an opportunity for wellness and healing for women of all cultures, beliefs and ethnicities. A special thank you to all of the tribal programs and women who helped put this event together.

You may take your children ages 2-6 for day care at the Kaibab Early Learning Center during this event.