



Holistic Health and Wellness Workshop Series

Jordan's Guardian Angels is excited to invite you to a 6-week Holistic Health and Wellness Workshop Series. The workshops will tackle everything from the definition of wellness and misconceptions about the topic to several holistic health modalities meant to help you improve your everyday life. This series will focus on accessible and actionable steps to support you and your community as you walk the path to a healthier and happier lifestyle.

When: Fridays, March 17th to April 21st 11:30am - 1 pm EST

MARCH 17th

Holistic Health and Wellness

How to embrace your wholeness and interconnection while exploring wellness tools that work for you.



MARCH 24th

Goal Mapping

Setting up tangible desired achievable goals that give you the life you want to live and make you the person you want to be.



MARCH 31st

Introduction to Meditation and Mindfulness

Simple and effective breath, mindfulness and meditation exercises to apply in our daily lives.



APRIL 7th

Food and Health

Simple strategies for healthier, holistic eating.



APRIL 14th

Heart Intentions and Affirmations

Create a forward movement in your growth and manifest your deep heart-felt intentions.



APRIL 21st

Stress Reduction

A balanced approach to stress management for optimal health.



If you would like to take part in any or all sessions in this workshop series, please register by scanning the QR code or following the link below:

<https://docs.google.com/forms/d/e/1FAIpQLSf5ATphu8cRftBRaYPLhrrVkJZ64hOeiQTjSnowX-hChfn8qw/viewform>



As an added bonus, for each session of the workshop you attend, you will be entered to win one of two \$100 amazon gift cards!



About Our Workshop Leader:

Mireille Bakhos is a human rights activist, avid cultures explorer, and strong motivator with more than 20 years of experience in empowering people in different capacities, contexts, and countries. Embracing compassion and vulnerability, Mireille applies a strength-based approach and positive communication skills to help people thrive in a brave space where they can find their voices and reclaim their stories and true selves. Mireille has worked extensively with different vulnerable populations and underserved communities like people with special needs, refugees, and survivors of trauma.