

Celebrate Mental Health Awareness Week!

Join us May 5th –9th at 10 AM in the Learning Studios for FREE hands-on sessions exploring different ways to support your mental health. Each day we focus on showing that wellness isn't just about working out or eating veggies (though those are important if they bring you joy)—it's about finding what makes you feel good in both body and mind.

May 5th

Auricular Seeding

with Lakeside Health

May 6th

Line Dancing

with Frances Donald

May 7th

Laughing Yoga

with Iva Clark

May 8th

Japanese Letter Painting

with Eiko Uehara

May 9th

Meditative Sounds Bath

with Kate Fagervik



Let's celebrate all the ways we can care for ourselves!