FALL 2022
Groups and Offerings
October–December

**MIND AND BODY**

**Mindfulness Practice Group**
Tuesdays, October 4–December 13, 5–6pm

**New! Low-Impact Zumba**
Tuesdays, October 4–25, 5:30–6:30pm

**New! Rev Up Your Immune System**
Tuesdays, October 4–25, 7–8pm

**New! Yoga to Fuel Flourishing**
1st and 3rd Thursdays, October–December, 5:30–6:30pm

**New! Q Walks**
Saturdays, October 1–29, 9am

**BIENESTAR**

*Programs for Latina women and the Latinx community conducted in Spanish*

**A Time for Me**
Thursdays, October 6 and 13, 10–11am

**Cultivating Self-Care Skills**
Thursdays, October 27, November 3 and 10, 5–6pm

**Art and Joy**
Friday, December 9, 6:30–8pm

**SISTER CIRCLE**

*Programs for Black women and women of color*

**Mindful Meditation for Black and POC**
Sundays, October 9, November 13, December 11, 2–3pm

**Yoga for Black and POC**
Sundays, October 16, November 20, December 18, 2–3pm

**Chihamba West African Dance**
1st and 3rd Wednesdays, October–December, 6–7pm

**Pull Up and Check In Support Group**
Wednesdays, October 12–November 16, 11am–12:30pm

Our Commitments: TWI recognizes the widespread impact of trauma and aims to improve health access and outcomes through our commitment to cultural humility. We offer affinity-based healing programs designed to meet the unique needs of Black, Latinx, People of Color, LGBTQ+, people with refugee status, and cisgender women who are survivors of gender-based trauma.

For the most up-to-date program information and to register, call (434) 872-0047 or visit thewomensinitiative.org/groups-social-support.