

Well-being Month Schedule

Join us this June to celebrate wellbeing with interactive, relaxing experiences for body and mind. Enjoy **Taste Tests** to discover new healthy favorites, and unwind in our **Zen Den**—a peaceful space to relax, reset, and recharge. A perfect way to prioritize your wellbeing all month long!

JUNE 4
11AM-2PM

ARMC Education Room

JUNE 17
11AM-2PM

Wesley Long Cafe/Private Dining Room

JUNE 18
11AM-2PM

Moses Cone Cafe/AHEC Conference Room

JUNE 19
11AM-2PM

Moses Cone AHEC Conference Room
Juneteenth Cultural Event

JUNE 23
11AM-2PM

Behavioral Health Hospital
Conference Room

JUNE 24
12:30-1PM

Virtual Cooking Class

JUNE 30
11AM-2PM

Annie Penn Cafe/Board Room

LiveLife w/
purpose



LiveLife w/
connection



LiveLife w/
energy



LiveLife w/
stability



LiveLife w/
success

