



**THRIVING TOGETHER:
NURTURING WELLNESS IN THE FAMILY AND IN YOU**

Panel Discussion, Workshops and Resource Fair



Community Connect: Nurturing Together – Main Events & Workshops, May 31, 2025			
Instructor	Topic/Subject	Time	Room #
Senora Jackie of Cultural Bytes	Cultural Bytes: Culture and Language Activities for Children	10AM-2PM	Outside
Panel Discussion	<i>Thriving Together</i>	11:00 AM	Campus Theater
Body & Brain Yoga Tai Chi	Yoga	11:00 AM	Outside
Barbara Lawson of Meet Me in the Dirt	Therapeutic Horticulture	11:30 AM	Outside
Jocelyn Ramirez of Todo Verde	Healthy Cooking Demonstration	11:30 AM	Outside
Dr. Tamarra Crandall of Nurse Growth Hub	Healing While Helping: Mental Wellness for Caregivers	12:00 PM	118
Kellie Brown of Sound Circle Management	Meditation	12:00 PM	119
Nakeya Fields of Innovative Wellness Consulting	Mental Health and Self-Care through Movement and Mindfulness	12:00 PM	120
Dog Pet Therapy	Dog Pet Therapy	12-2pm	Outside
Dr. Tamarra Crandall of Nurse Growth Hub	Unshakeable: Building Resilience & Joy as a Woman	1:00 PM	118
Kellie Brown of Sound Circle Management	Breathwork	1:00 PM	119



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