



# ALL IN COMMUNITY

## Wellness Wednesdays

PROVIDED BY:



### LAST WEDNESDAY OF THE MONTH II ONLINE

**12:30-1:30PM** (ZOOM ROOM OPENS @ 11:30AM)

**ZOOM REGISTRATION:**

[HTTPS://WOCUMC.ZOOM.US/MEETING/REGISTER/5TOA3DKASQGAMW6T7B3XGA](https://wocumc.zoom.us/meeting/register/5TOA3DKASQGAMW6T7B3XGA)

We cannot do this thing called life without God and without one another. And so, we want to continue undergirding you personally with education, tools and techniques that promote well-being in mind, body, and spirit .

Wellness Wednesdays provide a safe online space, a brave space, to receive a good tip on how to maintain health and well-being in the midst of life's challenges. Focused on living out the Scriptures and being present for those who are impacted by criminal justice systems, this time together provides real-time conversation and relevant education around creative ways to care for ourselves as we co-labor in "doing justice."

Join this online community as we addresses and uplift the critical need for nurturing among our *All In* ministry servants and community partners.

**Presenter:** Dr. Camisha Chambers, AIC Nurturing Communities Coordinator  
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