

BACKYARD COMMUNITY HEALTH HUB

Inspiring people to live 3 dimensional in the world around them

It's June – the BIG CHALLENGE Continues!!!

Community organizations and residents – Bring your co-workers and friends and join together to make healthy life choices, build morale and meet the CHALLENGE! WIN individual or organizational prizes and recognition for: • BIGGEST LOSER !!! • MOST STEPS!!! • MOST FITNESS HOURS ...and more!



YOGA with Mikky
Mon and Wed *6 to 7 pm
Sat *2 to 3 pm

"In this FREE, gentle yoga class, I help participants focus on breathing and body movement. This is NOT a "workout" session. Instead, it is a relaxed, welcoming environment where participants will have a mental practice to stay in the present moment and alleviate stress. We take it really slow and it is an excellent class for beginners. Body wisdom is innate in each of us.

One of my personal missions is to make yoga more accessible to

people who have not done yoga or don't know if they might enjoy it. We are bringing yoga into the lively atmosphere at the Midtown Global Market so more people can hopefully participate. The class happens in the quiet, private and closed door setting of the Allina and MGM conference rooms.

Healthy community looks like people who are connected and engage with each other. As responsible community members, we each have to slow down a bit, ground oneself and be a group of building blocks of individuals who have taken time to care for themselves and then extend themselves in a caring, loving, and supportive way into the community."

GUIDED WALKING with Rehti
Tues. and Thur. 10 to 10:45 am
***Other days upon request**

"Motion is movement and movement is so many things. Right now, I am approaching motion with the Backyard Community Health Hub as walking, walking the Greenway, walking around the Midtown Global Market, etc. I see it evolving into



other types of motion as the participants and I develop a relationship, as people get more involved. As we all get connected, we will grow the concept of motion.

Circulation is improved with motion, circulation in the body and circulating in community. Good circulation is needed in the body, and good circulation helps us to get around and to move. The light of spring draws us outdoors, getting out and trying new things, seeing new places, being in motion with others. It is all circulation. It is all motion and that is what my class will look like. Having it in a familiar place like the MGM makes it

even more possible to have this motion just be part of one's day, to be in a market place where other people are and other activities are occurring. Motion is how the body talks for everybody and also every body!"



MEDITATION and SOUND THERAPY with LaDonna and Rochelle/Sound Angel
Mon & Wed *5 to 6 pm
Saturday *4 to 6 pm

"Together, we guide the practice of Meditation and Sound Therapy as a part of the whole body experience.

We use singing bowls, guided imagery, flutes, voice, breath, and silence. Breath is the vocal point. Breath is so natural and so much a part of how the body operates that we take it for granted. Being conscious of our breath actually helps us to be more grounded, to more fully take the journey within the body.

People are walking around holding their breath, hoping things will be okay. Becoming conscious of our breath takes us back to what really matters, our inner selves. We have everything we need. Breath clears away the debris. Breath is instructional, it tells us what to do. Being aware of our breath allows us to be in the present moment.

When we start taking breath and owning it, we are able to encourage others to take their breath and to do their work. We can breathe in our truth and make no apologies for who we are. We are receptive to receiving the goodness that is present-love, happiness and joy. People in community are happy and give love, kindness, gentleness, gratitude and empathy. It has a ripple effect."

HELP WANTED!



Need 10 community VOLUNTEERS who want to learn and grow organic vegetables, fruits, and herbs on a one acre farm close to the city. Need to commit to one, half-day a week for 8 weeks. In exchange for your labor, you will learn to grow, market, and value-added strategies to prolong food through packaging and preparation. Receive a Certificate of Completion.

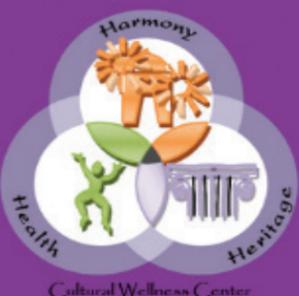
Call or email the Backyard Community Health Hub (see below).

GUIDE TO CALENDAR:

1. WALK ANYTIME MGM & GREENWAY – 10am to 6 pm. CHECK IN with staff of the Backyard Community Health Hub to help us keep track of your participation.
2. MONDAY activity – held in the Midtown Global Market's Conference Room on the lower level
3. 1st and the 3rd THURSDAY activities – located in the center area of the Midtown Global Market.
4. WEDNESDAY and SATURDAY activities – located inside of the Allina Conference Room.

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Engage, Connect, and Participate... Our work unleashes the power of citizens to heal themselves and built community -----Join us at the Midtown Global Market</p>					<p>1 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm</p>
<p>3 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>4 *Walk anytime!</p>	<p>5 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>6 Dinner Dialogue on Diabetes 5:30-7:30 - Walk & Step - Massage & Craniosacral</p>	<p>7 *Walk anytime!</p>	<p>8 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm</p>
<p>10 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>11 *Walk anytime! * Stepping into Wellness - with J Most 5:30-7:30</p>	<p>12 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>13 *Walk anytime!</p>	<p>14 *Walk anytime!</p>	<p>15 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm</p>
<p>17 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>18 *Walk anytime!</p>	<p>19 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>20 Dinner Dialogue Cardiovascular Health (2DC) 5:30-7:30 - Walk & Step - Massage & Craniosacral</p>	<p>21 *Walk anytime!</p>	<p>22 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm</p>
<p>24 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>25 *Walk anytime! * Stepping into Wellness - with J Most 5:30-7:30</p>	<p>26 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8</p>	<p>27 *Walk anytime!</p>	<p>28 *Walk anytime!</p>	<p>29 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm</p>



BACKYARD COMMUNITY HEALTH HUB
 Midtown Global Market, 920 E. Lake St., Minneapolis MN 55407
 BackyardHealthHub@culturalwellnesscenter.org
 612-353-6211 | www.culturalwellnesscenter.org
 Call Monday to Friday, 10 a.m. to 6 p.m. for more info and to find out how to get involved!



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