

# Take a class! Get in touch!

## Learn what the Cultural Wellness Center has to offer

Everyone has a culture – that culture is a powerful resource for health and healing.

The CWC is here to help you take control of your own health and build lasting relationships with the people and institutions in your life.

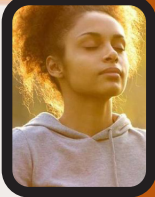
Fill out this wellness wheel, take a picture and email us!  
**Roberta@culturalwellnesscenter.org**  
 Or make a copy and pass it on!

Learn about wellness through exercise, food, mindfulness, and cultural connection. Connect with CWC leaders to find the best support for your personal and community journey.

**ONLINE**  
 MEDITATION  
 BREATHING & SOUND  
 THERAPY  
**CLASSES**

with LaDonna Funderburke  
 sponsored by the Cultural Wellness Center

**Join US**




Saturdays at 4 & 5 p.m. CT  
 Mondays at 5:00 p.m. CT  
 Wednesdays at 5:00 p.m. CT

**ONLINE**  
**ZUMBA**  
**CLASSES**

with Darryl Sellers  
 sponsored by the Cultural Wellness Center

**Join US**



Saturdays at 9:30 a.m. CT  
 Mondays at 7:00 p.m. CT  
 Wednesdays at 7:00 p.m. CT

**ONLINE**  
**YOGA**  
**CLASSES**

with Mikky  
 sponsored by the Cultural Wellness Center

**Join US**



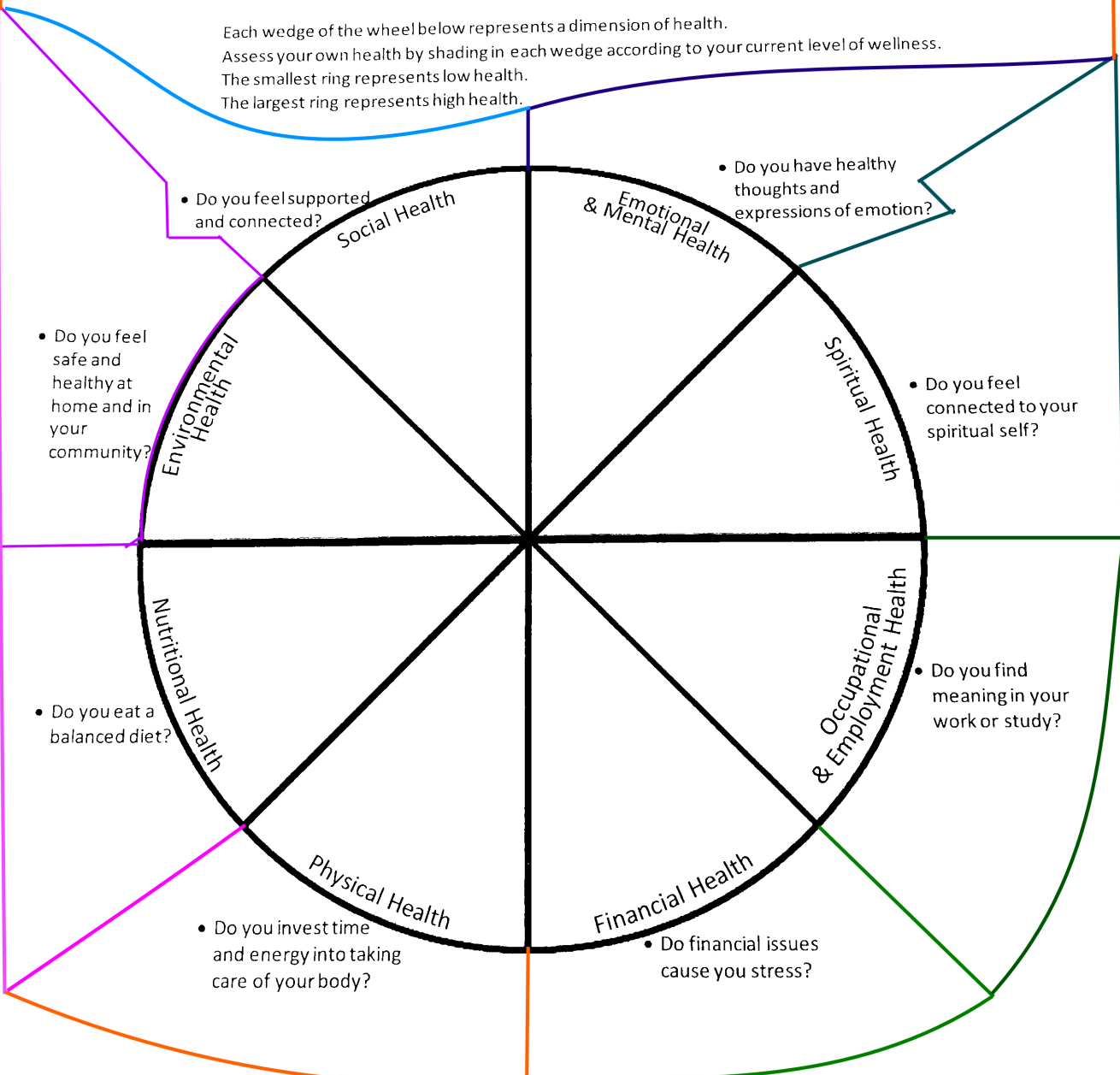
Saturdays at 2:00 p.m. CT  
 Mondays at 6:00 p.m. CT  
 Wednesdays at 6:00 p.m. CT

**BACKYARD  
 COMMUNITY HEALTH HUB**

Name:  
 Best contact information:  
 Date:

## Wellness Self-Assessment

Each wedge of the wheel below represents a dimension of health. Assess your own health by shading in each wedge according to your current level of wellness. The smallest ring represents low health. The largest ring represents high health.



- Social Health:** Do you feel supported and connected?
- Emotional & Mental Health:** Do you have healthy thoughts and expressions of emotion?
- Spiritual Health:** Do you feel connected to your spiritual self?
- Occupational & Employment Health:** Do you find meaning in your work or study?
- Financial Health:** Do financial issues cause you stress?
- Physical Health:** Do you invest time and energy into taking care of your body?
- Nutritional Health:** Do you eat a balanced diet?
- Environmental Health:** Do you feel safe and healthy at home and in your community?

**Learn more about our offerings and events, and register for classes on the Cultural Wellness Center facebook page!**