



BALANCE & BELONGING

Community Wellness Series | January – June

FITNESS & MOVEMENT

Movement that meets you where you are. Inclusive sessions supporting strength, mobility, and balance for all bodies and ability levels.

Schedule
Mondays &
Wednesdays
10:00 AM & 1:00 PM



HEALING CIRCLES

Community-centered spaces rooted in compassion, reflection, and shared care. Open group sessions supporting emotional wellness and connection.

Schedule
Mondays &
Wednesdays
2:30 PM



NUTRITION WORKSHOPS

Food as care. Cooking as connection. Hands-on workshops focused on joyful, affordable cooking and whole-person wellness.

Schedule
Bi-monthly
January – June



Funded by the Windy Pines Foundation

Location: In-Balance Studio · 2820 East Pikes Peak Ave, Colorado Springs, CO 80909

THIS IS
A SAFE,
WELCOMING
SPACE