



PLEASE JOIN US FOR 

MENTAL HEALTH AWARENESS DAY

Community. Conversations. Healing. Hope.




SATURDAY, 5/2
12PM – 7PM




PALM SPRINGS CULTURE CENTER
2500 E Baristo Rd
Palm Springs, CA



GUEST SPEAKER

Eva Alvarez

HUMAN & HORSE MENTOR



With decades of experience in horse bonding, Eva Alvarez creates transformational experiences that help individuals reconnect with themselves, release emotional burdens, and step into their authentic power.

Through the healing presence of horses and integrative practices, Eva guides people on journeys of self-discovery, emotional healing, and personal growth.



OUR TOPIC:

HEALING THROUGH THE BODY:

A Conversation about Healing the Body in the Physical Form and Beyond



MIND



BODY




CONNECTION



HEALING



Eva Alvarez is the founder of Rancho 3 Agavez de Cielo Azul, a nonprofit ranch in Desert Hot Springs dedicated to supporting individuals with emotional and developmental challenges through horse connection and holistic healing practices.

Healing happens here. 



EQUINE BONDING




EMOTIONAL RELEASE



SELF-DISCOVERY



COMMUNITY & COMPASSION

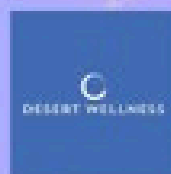
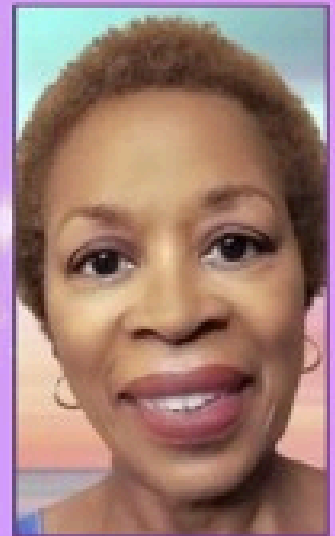
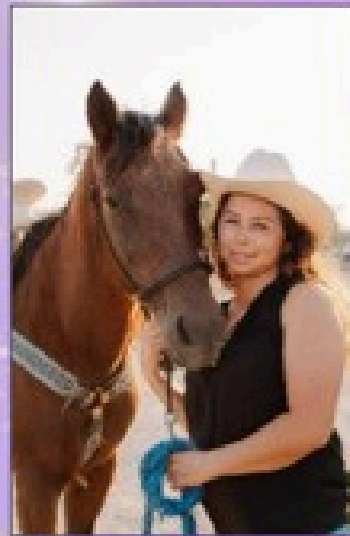
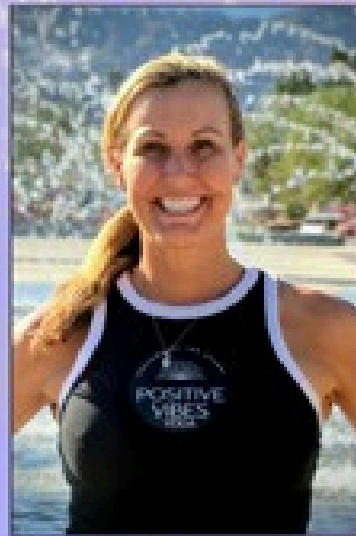
COME FOR SUPPORT. STAY FOR CONNECTION. LEAVE WITH HOPE. 

Come as you are

HEALING THROUGH THE BODY

*A Conversation about Healing the
Body in the Physical Form and Beyond*

Thalia Hayden (Moderator), Eva Alvarez
Wendy Ansley, Aida Johnson-Rapp



MENTAL HEALTH AWARENESS DAY

An Exploration of Healing our Physical, Mental & Spiritual Selves

Palm Springs Cultural Center @ 2300 E. Baristo Rd.
Saturday, May 2, 2026
Noon-7:00pm

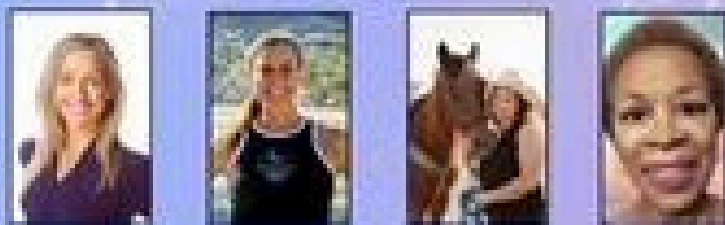
Sliding Scale Donation
(No One Turned Away for Lack of Funds)
Register at bit.ly/MH-May2 or scan QR code

Noon - 12:30pm
GATHER * SOCIALIZE
ENJOY LUNCH AT FARMER'S MARKET

12:30pm - 1:00pm
THE IMPORTANCE OF HEALING
PHYSICALLY, MENTALLY AND SPIRITUALLY
Keynote Talk with Peter Bedard



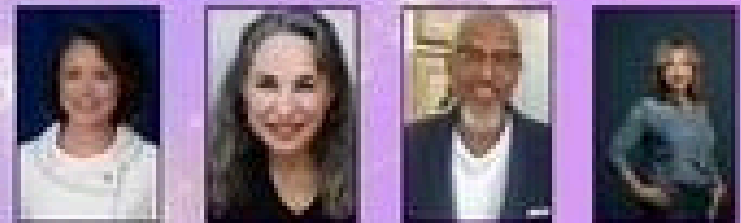
1:00pm - 2:00pm
HEALING THROUGH THE BODY
A Conversation about Healing the Body in the Physical Form and Beyond
(Followed by Yoga Demonstration Technique by Wendy Ansley and the Students of COD)
Thalia Hayden (Moderator), Eva Alvarez, Wendy Ansley, Aida Johnson-Rapp



2:15pm - 3:15pm
HEALING THROUGH THE MIND
A Discussion about Mindfulness, Mental Health and Well Being
(Followed by Demonstration of Laughter Yoga with Adry Rubio, Laughter Yoga Coach)
Corey Roskin (Moderator), Dr. Karyl Ketchum, Dr. Douglas Sadownick, Hail Wiggins



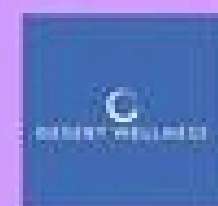
3:30pm - 4:30pm
HEALING THROUGH THE SPIRIT
Spiritual Leaders in Dialogue about the Joys of Spiritual Practice
(Followed by Demonstration of Creating Your Own Mantra and/or Chant with Shelley Karpaty)
Councilmember Grace Garner (Moderator), Rev. Perry Lang, Rabbi Adina, Shelley Karpaty



4:45pm - 5:45pm
HEALING THROUGH THE DEATH EXPERIENCE
Facing the Next Chapter with Love, Support and Positivity
Craig Liebelt (Moderator), Glendon M. Geikie, Kara Hoppe, Ron Smith



6:00 - 7:00pm
Sound Bath with Katt Atkins



convergenthealing.com