



WELLNESS

Wednesdays

A space to reset, connect, and thrive—together.

Join us every Wednesday at the African-American Museum of Beginnings for a full day of wellness for the mind, body, and spirit.

Open to **everyone**. All are welcome.



MIND

Relax, reset,
and reduce stress.



BODY

Move, stretch,
and energize.



COMMUNITY

Connect, share,
and support.



SPIRIT

Reflect, recharge,
and grow.

EVERY 1ST AND 3RD
WEDNESDAY

12:00 PM – 5:00 PM

DISCUSSION: 3:00 PM – 4:30 PM



SPECIAL GUEST

JOIN US FOR SPECIAL
GUEST SPEAKERS AND
EXPERTS EACH MONTH.

Wellness Activities | Open Discussion | Resources & Referrals | Community Connection | A Safe & Welcoming Space



Your wellness. Your community. Your beginnings. ♥



AFRICAN-AMERICAN MUSEUM OF BEGINNINGS

1460 E Holt Ave, Suite 188, Entrance 3,
Pomona CA 91767

Free to attend | Open to all ages | Come as you are
BE SEEN. BE HEARD. BE WELL.

Take time
for you.
You matter.
We're better
together.



*Rooted in Our Heritage.
Growing Our Future.*

FOLLOW US @MUSEUMNEWBEGINNINGS
For more information, call 909-480-1998
or visit www.theaamb.org

