

Ignite

J A N U A R Y 2 0 2 3

This 4-week Series will consist of four 1 hour wellness classes. Class will take place EVERY MONDAY from 11AM-12PM. The Ignite series is designed as a self-help course to boost your confidence and ignite the fire within you as you make transitions in your own personal wellness journey. The resources provided in the Ignite series are designed to promote and support a healthy authentic wellness journey.

The goal of Wellitcs Wellness Class: Ignite 4 Class Series

- Build or strengthen a sense of self-efficacy, self-sovereignty, and self-autonomy.
- Learn personal wellness tactics that are helpful when addressing low level mental and emotional challenges with transitions
- Practice being present with yourself.
- Strengthen your resilience to meet life's challenges
- Practice grounding techniques.
- Practice yoga for movement
- Practice meditation, mindfulness, and breathing techniques to reduce stress, improve focus, and improve confidence
- Use this time to check in with yourself
- Receive support from experts in your wellness community
- Practice honoring your word and commitment to yourself

Days:

Monday January 2, 2023: "Be Present"

Monday January 9, 2023: "Embracing Me"

Monday January 16, 2023: "Living in the Flow"

Monday January 23, 2023: "A Note to Self"

BONUS DAY

Monday January 30, 2023: "Vision Board Party"

Facilitators: Kyra Jackson & Jasmin Evans

Time: 11AM-12PM

Location:

1915 W Market St # 500

Akron, OH 44313

Price:

\$30.00/MONTH

\$15/Class



100% of proceeds will benefit the establishment of A Annual Wellness Retreat

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"Vision Board Party"

Facilitators: Kyra Jackson & Jasmin Evans

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Location:

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Akron, OH 44313

Price: NO REFUNDS, NO EXCHANGES, NO TRANSFERS

\$30.00/MONTH

\$15/Class

You will be provided:

One eye pillow

Light Refreshments following class

Daily Journaling prompts (28 days of journaling)

Book-list

Additional mats are available

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Annual Wellness Retreat



WELLISTICS COMMUNITY

VISION *board*



*A Day of
Inspiration &
Creativity*

Monday, January 30

1915 W Market St # 500

Akron, OH 44313

Doors open at: 11AM

Vision Board, Magazine, Markers,
Glue, Scissors, Construction Paper,
Paint, Light Refreshments

To register please contact us:

thewellisticnurse.com

Bring your friends, co-workers
or family to join the event!



IGNITE SERIES

PAY IT FORWARD

"FREE WELLNESS CLASS"

THIS CLASS WILL BE GIVEN TO (ONE) PARTICIPANT WHO QUALIFIES FOR THE CAUSE. KYRA UNDERSTANDS THE IMPACT OF HAVING ACCESS TO HEALTH AND WELLNESS RESOURCES CAN HAVE ON SOMEONE'S OVERALL WELLNESS. A CLASS TOWARDS THE CAUSE IS A FREE CLASS PASS THAT IS GIVEN TO A SELECTED INDIVIDUAL WHO QUALIFIES. ANY ONE OF THE QUALIFYING FACTORS WILL BE ACCEPTED AS QUALIFYING FACTORS:

WIC PARTICIPANT
EBT PARTICIPANT
MEDICAID/MEDICARE PARTICIPANT
RECIPIENT OF HOUSING CHOICE VOUCHER PROGRAM

Register @ thewellsticnurse.com

