



What if wellness was just a matter of plugging in? To each other!

TO HONOR OUR COLLECTIVE MENTAL HEALTH

Reimage Mental Health  
Coming May 2025 Charlotte Art League



REGISTER FOR OVER 11 FREE EMPOWERING BODY, MIND, SPIRIT EVENTS THROUGH OUT MAY. *scan*

Experience the power of courageous connections. Contribute your string. Help us build a bridge to wellness!

### Mental Health Mondays

**MAY 5<sup>TH</sup>, DR. MEGAN SMITH, TAKING THE PULSE IN THE COMMUNITY**  
**MAY 12<sup>TH</sup>, CHRIS WEEDON, SHANE MANIER & LAW ENFORCEMENT**  
**MAY 19<sup>H</sup>, AMY CAMPBELL, ENERGY EXPERT & THE HEALING ARTS**

Interactive Panel Discussions from 6pm - 8pm

### Transformational Tuesdays

**MAY 13<sup>TH</sup> DR. MEGAN SMITH LONILNESS WORKSHOP**  
**MAY 20<sup>TH</sup> REIKI FOR MENTAL HEALTH WORKSHOP**  
**MAY 27<sup>TH</sup> VIRTUAL QPR SUICIDE PREVENTION TRAINING**

Continuing Ed Workshops. Times vary 5pm - 7pm

### Wellness Wednesdays

**MAY 7<sup>TH</sup> YOGA, MEDIATION THE MENTALLY SHREDDED FOUNDATION**  
**MAY 14<sup>TH</sup> AXIETY MAPING W/ SHANE MANIER**  
**MAY 21<sup>ST</sup> REIKI HEALING CIRCLE, SOUND BATH**

Learn self-care for self-evolution  
Times vary 5pm - 7pm

### Weekend Reboots

**MAY 10<sup>TH</sup> BURNOUT TO BALANCE: A CREATIVE WORKSHOP FOR RENEWAL & FLOW**  
**MAY 17<sup>TH</sup> THE MENTALLY SHREDDED FOUNDATION RX EVENT**  
**MAY 18<sup>TH</sup> RESET MY LIFE- RAPID TRANSFORMATIONAL THERAPY**

Connecting the body, mind, and spirit.  
Times vary 10am - 1pm

**PLUS NORMAL GALLERY WEEKEND EVENING HOURS- MIX, MINGLE, AND WEAVE, STORYTELLING, SPOKEN WORD, & MORE COLLECTIVE HEALING**

*free community events in May*



BB2W2025.ORG

