



WELLNESS WEDNESDAYS

FREE One-hour weekly wellness sessions in January & February

Wellness Wednesdays is returning to Lola's Place and The Leland House with a casual, one-hour "lunch and learn" series in **The Gather Room**. Providers from the Community Wellness Center will share practical insights from their specialties. Enjoy lunch, receive a complimentary beverage, and learn something useful for your health. **It's free to attend!**

This series kicks off our refreshed Wellness Wednesdays program, which will expand throughout the year with local wellness practitioners and new topics. Upcoming speakers include:

- 1/7: **Kate Hughes** *Structural Integration & Advanced Roling Technique*
- 1/14: **Allison Riederer** *Perimenopause Diet & Nutrition Coaching*
- 1/21: **Tyler VanGemert** *Integrative Acupuncture and Medicare*
- 1/28: **Abigail Maxon** *Mayan Abdominal Massage and Herbalism*
- 2/4: **Olivia Myerson** *Chinese Herbal Medicine and Acupuncture*



Jan 7, 14, 21, 28, Feb 4

From 12:00 PM - 1:00 PM

Call 970-779-5468 for details.

The Gather Room

At Leland House and Lolas Place

725 East Second Avenue, Durango



ENJOY A FREE DRINK WITH THE PURCHASE OF A LUNCH MEAL DURING THE EVENT.