

**Spaces are limited!** (Registration closes 24 hours prior to class date) **Scan the QR Code to Register**

**Living Word Baptist Church**  
**Mental Health and Wellness Hub**

2130 N Riley, Indianapolis, IN 46218  
 www.LWBCindy.org  
 317 322-5874

Be Kind to Your Mind  
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WE OFFER...

- ART THERAPY
- YOGA
- INDIVIDUAL THERAPY
- GROUP THERAPY
- REIKE MEDITATION

CONTACT US FOR MORE INFO



**FREE Group Gardening/Nutrition Sessions**

- ◆ 2 & 4th Saturdays , 9-10 am  
 (7/27, 8/10, 8/24, 9/14, 9/28, 10/12, 11/9, 11/23, 12/14, 12/28)

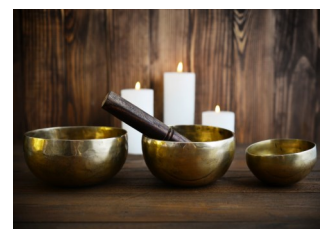
Benefits of Gardening/Nutrition can include: Reducing negative thoughts/feelings, Connecting you with others, and Physical activity.



**FREE Art Therapy Sessions**

- ◆ 2nd & 4th Saturdays, 11:30am-12:30 pm  
 (8/10, 8/24, 9/14, 9/28, 10/12, 11/9, 11/23, 12/14, 12/28)

Benefits of Art Therapy can include: Improved focus, Assistance with processing emotions, Improved communication, Increased self-esteem, and Boosted cognitive function.



**FREE Sound Healing Group Sessions**

- ◆ 2nd & 4th Tuesdays, 6-7 pm (7/9, 7/23, 8/13, 8/27, 9/10, 9/24, 10/8, 10/22, 11/12, 11/22, 12/10)

Benefits of Sound Therapy can include: Relaxation, Improved energy, Improved sleep, Reduced chronic pain and Lower blood pressure.



**FREE Conversations with my Sistah's**

- ◆ 3rd Thursdays ~ 6-8 pm (7/18, 8/15, 9/19, 10/17, 11/21, 12/19)

Benefits of Small Group Conversation can include: Enhanced Learning and Understanding, Increased Engagement and Interaction, and Creating a Stronger Sense of Community.



**FREE Yoga Sessions**  
 Thursdays 6:30-7:30 pm

- (7/11, 8/1, 9/26, 10/3, 11/7, 12/5)
- ◆ Saturdays 10-11 am (7/27, 8/17, 9/14, 10/19, 11/16, 12/14)

Benefits of practicing Yoga can include: Reduced stress and anxiety; Improved flexibility and balance; Lower blood pressure; Better concentration; and Improved posture.