



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WELLNESS WEDNESDAYS

### Supporting People of Color in Their Wellness Spaces



During this session, C.J. will share action steps one can take to uplift and support fellow people of color in their personal wellness communities and beyond.

This session is for anyone who has ever felt like they wanted to do more to support diversity in their communities, and for anyone who has experienced what it's like to be a minority in their community. Participants will learn how expand their capacity for acceptance; open to the potential of diversity; and take action in uplifting people of color in wellness spaces.

**Day/Time:** Wednesday August 12, 2020 @ 12:00p

**Location:** ZOOM via Ashland Family YMCA, Oregon

**Cost:** FREE

**Presenter Bio:** C.J. Thomas is a part of the Warrior Goddess Leadership Team and a Certified Warrior Goddess Facilitator. She is also a 200-hr Certified Yoga Teacher and Ayurvedic Health Coach and Certified Red Tent Circle Facilitator. Her health and wellness business is Life by the Moon Yoga. She also does digital marketing, specializes in the Health and Wellness/Self Improvement field, and is part of the Talya's Kitchen Content and Marketing Team.

\*Pre-registration is required. Email [jami@ashlandymca.org](mailto:jami@ashlandymca.org) to obtain the link OR call the front desk at 541.482.9622.