Learn about wellness practices that can help manage stress, boost mood, and support well-being! CHOP's Integrative Health Program is offering six 1-hour weekly virtual classes to parents and caregivers.

**BE-WEHL Program Classes**

Class 1: Resiliency & Coping
Class 2: Activity & Rest - Physical activity, sleep hygiene & breathwork
Class 3: Pause & Reflect - Mindfulness
Class 4: Caring Touch - Self-massage & caregiver-child massage
Class 5: Healthy Eating - Nutrition
Class 6: Mindful Movement - Yoga

**Class Series Start Dates**

Classes series runs every 6 weeks starting on the below dates. We hope you can attend all 6!

- Tuesdays (7:30pm-8:30pm) Jan 25th – Mar. 1st
- Wednesdays (6pm-7pm) Mar. 9th – April 13th
- Thursdays (7pm-8pm) April 21st – May 26th
- Wednesdays (6pm-7pm) June 1st – July 6th

**Register**

Email bewehl@chop.edu