

WELLNESS IN COMMUNITIES

PROJECT BE-WEHL

Behavioral Health

Wellness Equity for a Healthy Life



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