

# WELLNESS IN COMMUNITIES

## PROJECT BE-WEHL

*Behavioral Health*

*Wellness Equity for a Healthy Life*



Join us to learn and practice wellness strategies to support resiliency and well-being with six weekly one-hour classes covering nutrition, yoga, mindfulness, caring touch, breathwork, resiliency and coping.

- Available to schools or group programs serving youth in Philadelphia, Montgomery, Chester and Delaware counties, Pa., and Camden County, N.J.
- Attendees can be children (older than 4 years), caregivers, educators or other professionals serving children
- Classes can be virtual or in person
- Sites/groups must commit to one-hour classes per week for six weeks
- Ideal class size is between 10 and 20 attendees
- Each site will receive materials to foster continued practice

Click one of the links below to register by Tuesday, Nov. 30, 2021

Camden – Sign up for Classes Here

Pennsylvania – Sign up for Classes Here

**EMAIL US FOR MORE INFORMATION: [BEWEHL@CHOP.EDU](mailto:BEWEHL@CHOP.EDU)  
CLASSES START JANUARY 2022. SPACE IS LIMITED.**

Sites/groups will work with the Wellness Educator to select a day/time during the following weeks. Plan for a one-hour class per week for six weeks.

- Block 1: Jan. 10 – Feb. 14
- Block 2: Feb. 21 – March 28
- Block 3: April 4 – May 9
- Block 4: May 15 – June 20



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Integrative Health