



# The Trauma Healing Project Wellness and Support Offerings

## WELLNESS OFFERINGS

<b>Tuesday</b>	<b><u><a href="#">Gentle and Restorative Yoga with Robert</a></u></b> 10-11am <i>In person and on Zoom! Masks required for in-person class.</i>
<b>Wednesday</b>	<b><u><a href="#">Nia Moving to Heal</a></u></b> : On Zoom 3:00-4:00pm
<b>Friday</b>	<b><u><a href="#">Expression Through Art</a></u></b> : On Zoom 4:00-5:00pm (no class 11/5 or 11/12)

Register for online classes at [www.healingattention.org/HAP\\_schedule](http://www.healingattention.org/HAP_schedule). In this challenging time, we are here to support you and we encourage class participation, regardless of your ability to pay. We offer a sliding scale and scholarships. If you are able to pay, anything extra will go toward helping someone else. If you need any assistance navigating online classes, or need help with technology, send us an e-mail at [info@healingattention.org](mailto:info@healingattention.org).

## FULL BODY ACUPUNCTURE CLINIC

Our Wednesday full-body community Acupuncture clinic is by appointment only. Currently we are only scheduling appointments for fully vaccinated participants and you will be asked to show your vaccination card on your initial visit. Space is limited. Call us at 541-687-9447 or e-mail to [info@healingattention.org](mailto:info@healingattention.org) to schedule a session.

## WELLNESS RESOURCES

Check out a sampling of offerings of art, writing and mindfulness activities you can do from home.

[www.healingattention.org/mindfulness](http://www.healingattention.org/mindfulness) ♦ [www.healingattention.org/creative-writing](http://www.healingattention.org/creative-writing)  
[www.healingattention.org/expression-through-art](http://www.healingattention.org/expression-through-art)