



The Trauma Healing Project

Wellness and Support Offerings

www.healingattention.org ♥ 541-687-9447



ONLINE OFFERINGS

Tuesday	Gentle and Restorative Yoga with Robert 10-11am
Wednesday	Nia Moving to Heal : 3:00-4:00pm
Thursday	Healing Through Discussion : 10:00-11:30am
Friday	Expression Through Art : 4:00pm-5:00pm Dancing Mindfulness : 7:00-8:30pm on the 4th Friday of each month

If you need any assistance navigating online classes, or need help with technology, give us a call at 541-687-9447.

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BY APPOINTMENT ONLY

[Full-Body Community Acupuncture Clinic](#)

Wednesdays, appointments start at 12:30 - Call 541-687-9447 to schedule

Register for online classes at www.healingattention.org/HAP_schedule. To make an appointment for the Full-Body Community Acupuncture clinic, call 541-687-9447. 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 for all. If you are able to pay, anything extra will go toward helping someone else.