

Free Wellness Series

Transform Your Life in 7 Weeks

1 Learn Powerful Meditation Techniques

Discover why meditation is the foundation for lasting change and experience practical tools to support your wellness journey.

2 Create Your Personal Wellness Blueprint

Develop a customized plan for change in the areas of mental health, emotional eating, exercise, sleep, and relationships.

3 Connect With Like-Minded People

Join a supportive community right here in Batavia as you learn and grow together. **All sessions are completely FREE!**

Starting November 2, 2025 • Sundays at 1:00pm

Nov 02: Intro to the Wellness Series

Nov 09: Mental & Emotional Health

Nov 16: Food & Emotional Eating

Nov 23: Exercise & Breathing

Nov 30: Sleep

Dec 07: Relationships & Connection

Dec. 21: Tying it all Together

Batavia Public Library • Elizabeth C. Hall Conference Room

10 South Batavia Ave. • No registration required!

HEARTFULNESS WELLNESS SERIES – Cultivating Inner
Balance for Everyday Life