

Wellness Series Jan 4-Feb 15

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 January 4, 2026 • Sundays at 1:00pm

Jan 04: Intro to the Wellness Series

Feb 01: Sleep

Jan 11: Mental & Emotional Health

Feb 08: Relationships & Connection

Jan 18: Food & Emotional Eating

Feb 15: Tying it all Together

Jan 25: Exercise & Breathing

Batavia Public Library • Elizabeth C. Hall Conference Room

10 South Batavia Ave. • No registration required!

HEARTFULNESS WELLNESS SERIES

Cultivating Inner Balance for Everyday Life

