



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



Vol. 1, Issue 106, <https://cchealth.org/wellness>

Contact Info: CCHSWellness@cchealth.org

MAY/ JUNE 2022, TUES/WED MINDFULNESS AND MOVEMENT CALENDAR

- **May 31, Tuesday, 6:10 PM – 6:35 PM: Meditation Month/ Mental Health Awareness Celebration**
Release Unwanted Feelings: A Body Scan Meditation with Jackie Corwin, [Launch Meeting - Zoom](#);
Passcode: Wellness
- **June 1, Wednesday, 6:10 PM – 6:35 PM: Dance to Bruno Mars's Songs with Dahrio Wonder**,
<https://iframe.dacast.com/live/d9bfc5a9160362589ca4fc3fd5970cc2/8ddb2def-fcef-d0a7-e299-14c8579269ed>
- **June 7, Tuesday, 6:10 PM – 6:35 PM: Sound Bath for Rest with Jasmin Ancheta**,
[Launch Meeting - Zoom](#); *Passcode: Wellness*
- **June 8, Wednesday, 6:10 PM – 6:35 PM: Dance to Black Eyed Peas Songs with Willa Willis-Jacobs**
<https://iframe.dacast.com/live/d9bfc5a9160362589ca4fc3fd5970cc2/8ddb2def-fcef-d0a7-e299-14c8579269ed>
- **June 11, Saturday, TBD: Family Health and Fitness Day.**
Dance Vibes with the Wonder Family, Zoom Link, TBD
- **June 14, Tuesday, 6:10 PM – 6:35 PM: Ancestral Healing for Grief with Trina Dilag**,
[Launch Meeting - Zoom](#); *Passcode: Wellness*
- **June 15, Wednesday, 6:10 PM – 6:35 PM: Dance to Saweetie's and H.E.R.'s Songs with Dahrio Wonder**
<https://iframe.dacast.com/live/d9bfc5a9160362589ca4fc3fd5970cc2/8ddb2def-fcef-d0a7-e299-14c8579269ed>
- **June 21, Tuesday, 6:10 PM – 6:35 PM: Gentle Yoga for Mental Clarity with Jasmin Ancheta**,
[Launch Meeting - Zoom](#); *Passcode: Wellness*
- **June 22, Wednesday, 6:10 PM – 6:35 PM: Dance to Dahrio Wonder's & Adrian Marcel's Songs with Dahrio Wonder**,
<https://iframe.dacast.com/live/d9bfc5a9160362589ca4fc3fd5970cc2/8ddb2def-fcef-d0a7-e299-14c8579269ed>;
- **June 28, Tuesday, 6:10 PM – 6:35 PM: Healing through Movement with Maria Paula Ahumada**,
[Launch Meeting - Zoom](#); *Passcode: Wellness*
- **June 29, Wednesday, 6:10 PM – 6:35 PM: Caribbean American Heritage Celebration**
Dance to J. Perry's Songs with Dahrio Wonder
<https://iframe.dacast.com/live/d9bfc5a9160362589ca4fc3fd5970cc2/8ddb2def-fcef-d0a7-e299-14c8579269ed>
- *For Zoom sessions, please download the zoom app and use your personal wifi for better video/audio experience.*
- *Pls. contact CCHSWellness@cchealth.org via e-mail or Teams chat if you encounter any access issues.*



JACKIE



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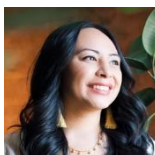
JASMIN



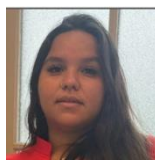
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WONDER FAMILY



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