



**HARMONNA**  
INCLUSIVE WELLBEING



Center for Black Women's  
**Wellness**

# **THE STRESS RESET: A BODY-BASED APPROACH TO FEELING BETTER**



**LED BY LAUREN DIKE**  
SOMATIC  
PRACTITIONER AND  
WELLNESS COACH



**JOIN US FOR A  
SELF-CARE  
RAFFLE!**

***STRESS ISN'T JUST MENTAL. IT LIVES IN THE BODY. AND IF  
WE DON'T RELEASE IT, IT STICKS AROUND—CAUSING  
FATIGUE, ANXIETY, TENSION, AND EVEN HEALTH ISSUES.***

**WEDNESDAY, FEBRUARY 26TH, 2025**

**12:30 – 2:00 ON ZOOM**

**COME AS YOU ARE.**

**NO YOGA, MEDITATION, OR EXPERIENCE NEEDED—JUST AN  
OPEN MIND AND A BODY THAT DESERVES TO FEEL GOOD.**

**REGISTER HERE:**

OR GO TO  
[CBWW.ORG/EVENTS](https://cbww.org/events)

