

Elite Community Foundation's (ECF):

Wellness and Safety Series

Zoom workshops at 6:30pm(CT) / 7:30pm(EST)

Sign-up for our free workshops at https://bit.ly/3bvhxfE

FREE Upcoming Workshops for 2021: Let's Get Real about Hypertension - October 5



Healthy Eating and Nutrition: Despite Limited Options - October 12

Resilience: Coping with Loss and Grief - October 19

Come Laugh with Us: Laughter Yoga - October 21

Opioid Overdose Prevention Training (Narcan Training)- October 28 - TX & WI training Opioid Overdose Prevention Training (Narcan Training)- November 4 - NY training

Personal Safety Tips for All - Part 1 - November 9

Breathing Exercises: Mind, Body, and You - November 11

Personal Safety Tips for All - Part 2 - November 16

Holistic Pain Management - November 18

Wellness & Safety Round Table Discussions - December 2

"No Individual, Family, or Community should be left behind!"

Group registration is available, email: ecfnys@gmail.com

Join us by phone, tablet, laptop, or desktop computer



















