

MKE Wellness for Palestine

Schedule of Events

12:30 PM

Food & Welcome

1st Floor - Wesley Hall

1:00 PM

PCRF Presentation & Silent Auction

Led by Mahmood Abdellatif, PCRF-MKE president

2nd Floor - Living Room

2:00 PM

**Please arrive 5-10 min. early to these events:*

Sound Healing

Led by Parisa Shirazi Chavoya (@ParisaYogaShala)

3rd Floor - North Room

Family Yoga for Kids

*Led by Holly Kingsbury (@CultivateYogaMKE)
and Haley Fuhr (@throwwiththeflow)*

3rd Floor - Chapel

Tea Blending Workshop

Led by Michelle Miller (@Te.Amo.Tea)

2nd Floor - Conference Room

12:30 - 3:00

1st Floor - Gym

Community Mural

Led by Yesi Perez (@mvzapan)

1st Floor - Wesley Hall

Ear Seeding / Acupressure

Led by Mao Beckett (@maobeckett_resetresilient)

Grief Support Resources

*Offering created by Abby Goelzer
(@garnet_andthe_moon), guided by Ellie Johnston*

2nd Floor - Nursery

Reiki / Energy Healing

Led by Mary Scherkenbach (@MissyScherk)

***15 minute 1:1 sessions**

Sign up for time slot on door

3:00 PM

PCRF Presentation

Led by Mahmood Abdellatif, PCRF-MKE president

2nd Floor - Living Room

3:20 PM

Announce Silent Auction Winners

2nd Floor - Living Room

3:30 PM

Group Photo with Community Mural

1st Floor - Wesley Hall