

CLIMATE DESTABILIZATION: OUR LONG EMERGENCY
Sunday, August 25, 2019, 6:30-8:00pm
Self-Care in Turbulent Times



We live in turbulent times! We are facing multiple converging crises, including unprecedented heat waves across the U.S. and Europe; accelerating temperature rise (July 2019 was the hottest month **ever** in recorded history); the four hottest years ever recorded were the last four: 2015, 2016, 2017, and 2018; and farmers are struggling to plant and harvest their crops due to extreme weather; and on and on and on...

All of this can take a toll on our health, mood, and vitality. It's important to remember the importance of unplugging, taking quiet time, exercise, relaxation, adequate sleep, healthy eating, and keeping things in perspective.

In other words, we need to take care of our most valuable resource: our self!
... so that we have the resilience to "weather" the challenges ahead (pun intended!)

This session includes posture and basic movement exercises, with our very own Vanessa Vendola, the benefits of humor, processing grief, and centering practices.

Join us for a fun and nurturing program!

~ Free! Open to all! ~ ~ No experience needed ~

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Oasis Café in Carr Mill Mall

200 N. Greensboro St, first floor
Carrboro, NC

Sponsored by the Citizens Climate Collaborative:
Betsey Downing, Tana Hartman Thorn, Dirk Kelder & Jim Sander

For more information, see <https://betseydowning.com/upcoming-events/>