

# 2024 ROOTED IN WELLNESS



FOOD MUSIC



RAFFLES



Keynote

**Artisa Mae Moten**

Certified Clinical Trauma Professional II, Certified Integrative & Nutrition, Certified HRV Practitioner

Are you grappling with the lingering effects of trauma? Join our transformative workshops dedicated to healing and thriving beyond adversity. Discover the path to resilience and reclaim your life. Don't miss this opportunity to start your journey to lasting well-being.



## FEATURED PRESENTERS

Opening Keynote

Luncheon Address

Panel Moderator

Closing Keynote



**Javon Kemp  
MS, LPCC**

Crisis Management Specialist



**Stephanie Webb**

Cheers to Health Nutrition



**Natasha Patricio**

Trauma-Informed Care Counselor



**Marasha Miller  
MS, LMFT**

Certified Trauma and Sound Healer

Get ready for a day of restoration and rooted in your interactive healing journey!



Hosted by: Patrick Jackson Jr.

### Morning Workshops

- ✓ The Body and it's Effects on the Healing Process.
- ✓ Building Resilience Panel
- ✓ HRV Synchronization of Brain and Body: Emotional Regulation

### Afternoon Workshops

- ✓ The Brain and it's Effects on the Healing Process.
- ✓ Healthy Living Wellness Panel
- ✓ Sound Healing to Promote Recovery in the Brain and Body

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MILL FIRE RECOVERY



FAMILIES & COMMUNITY RESOURCE CENTER



Lunch Provided!



**Saturday June 29, 2024**

Check in at 9am. Workshops from 9:30 to 4:30pm



**REGISTER NOW**

Weed Community Center  
161 Lincoln Ave, Weed, Ca, 96094



More information  
**(530) 938-9914**



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**siskiyoucrc.org**

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