



## Mindful Moment

April 14, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

April 15, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Guided Art Workshop

April 17, 2026 at 10:00 am

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Open Art

April 17, 2026 at 12:00 pm

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

April 21, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

April 22, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Open Art

April 24, 2026 at 12:00 pm

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Guided Art Workshop

April 24, 2026 at 10:00 am

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

April 28, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

April 29, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Guided Art Workshop

May 01, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Open Art

May 01, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

May 05, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

May 06, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Guided Art Workshop

May 08, 2026 at 10:00 am

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Open Art

May 08, 2026 at 12:00 pm

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

May 12, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

May 13, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Guided Art Workshop

May 15, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Open Art

May 15, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

May 19, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

May 20, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Guided Art Workshop

May 22, 2026 at 10:00 am

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Open Art

May 22, 2026 at 12:00 pm

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

May 26, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

May 27, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Open Art

May 29, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Guided Art Workshop

May 29, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

June 02, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

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## Healthy Happy Hour

June 03, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

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## Art as Healing | Open Art

June 05, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
  - 12pm - 2 pm: Open Art: self guided art with supplies provided.
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## Art as Healing | Guided Art Workshop

June 05, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
  - 12pm - 2 pm: Open Art: self guided art with supplies provided.
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## Mindful Moment

June 09, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

June 10, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Art as Healing | Guided Art Workshop

June 12, 2026 at 10:00 am

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Art as Healing | Open Art

June 12, 2026 at 12:00 pm

*2375 Elvans Rd SE, Washington DC, 20020*

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



## Mindful Moment

June 16, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

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## Healthy Happy Hour

June 17, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

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## Mindful Moment

June 23, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

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## Healthy Happy Hour

June 24, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

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## Mindful Moment

June 30, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Healthy Happy Hour

July 01, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

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## Mindful Moment

July 07, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

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## Healthy Happy Hour

July 08, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

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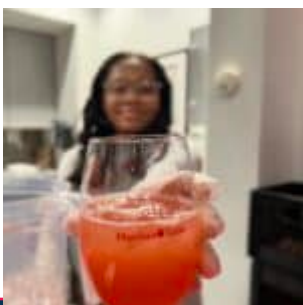


## Mindful Moment

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## Healthy Happy Hour

July 15, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



## Mindful Moment

July 21, 2026 at 12:00 pm

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## Healthy Happy Hour

July 22, 2026 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

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## Mindful Moment

July 28, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

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## Healthy Happy Hour

July 29, 2026 at 5:00 pm

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