

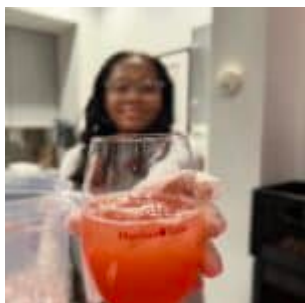


## Mindful Moment

February 03, 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

February 04, 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 | Guided Art Workshop

February 06, 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

February 06, 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.
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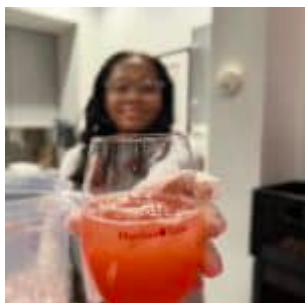


## Mindful Moment

February 10, 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

February 11, 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 | Guided Art Workshop

February 13, 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

February 13, 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!

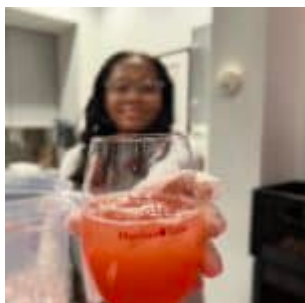
- 10am - 12pm: Guided art workshop with an instructor.
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## Mindful Moment

February 17, 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

February 18, 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

February 20, 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

February 20, 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.

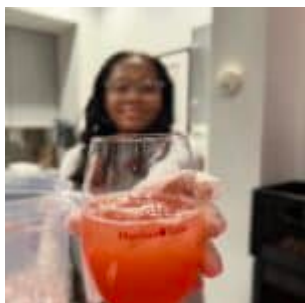




## Mindful Moment

February 24, 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

February 25, 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

February 27, 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

February 27, 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.

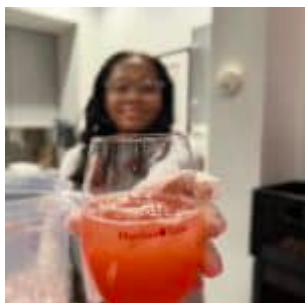


## Mindful Moment

March 03, 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

March 04, 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 | Guided Art Workshop

March 06, 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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## Art as Healing | Open Art

March 06, 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.
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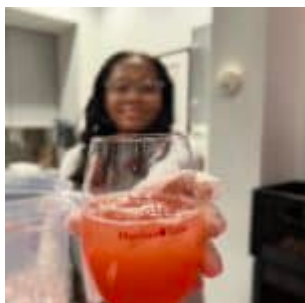


## Mindful Moment

March 10, 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

March 11, 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 | Guided Art Workshop

March 13, 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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## Art as Healing | Open Art

March 13, 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.
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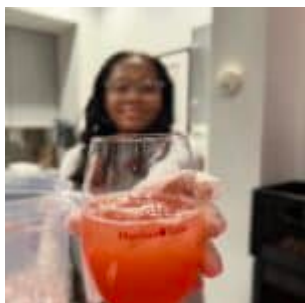


## Mindful Moment

March 17, 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

March 18, 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 | Guided Art Workshop

March 20, 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

March 20, 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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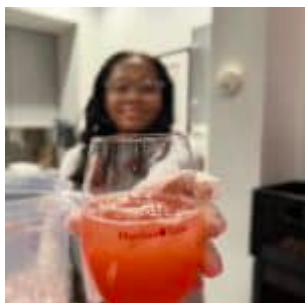


## Mindful Moment

March 24, 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

March 25, 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 | Guided Art Workshop

March 27, 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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## Art as Healing | Open Art

March 27, 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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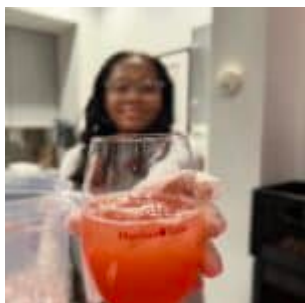


## Mindful Moment

March 31, 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

April 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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## Art as Healing | Guided Art Workshop

April 03, 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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## Art as Healing | Open Art

April 03, 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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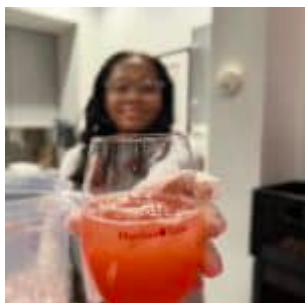


## Mindful Moment

April 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

April 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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## Art as Healing | Open Art

April 10, 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 10, 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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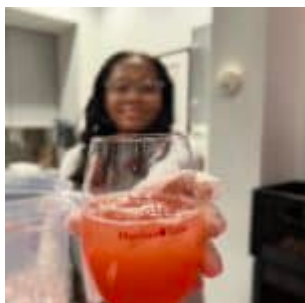


## Mindful Moment

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.

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## 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.

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## 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.
- 



## 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.
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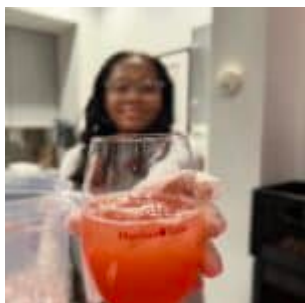


## Mindful Moment

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.

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## 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.

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## 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.

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## 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.

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