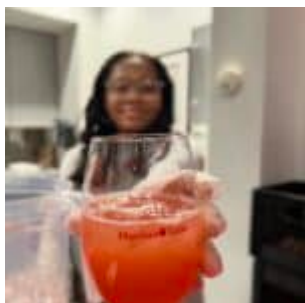




Mindful Moment

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.



Healthy Happy Hour

June 24, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

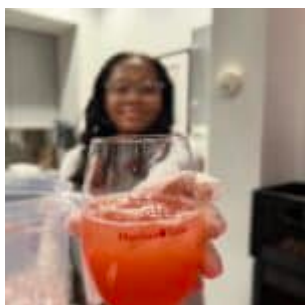
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



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.



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.



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.



Mindful Moment

July 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

July 15, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

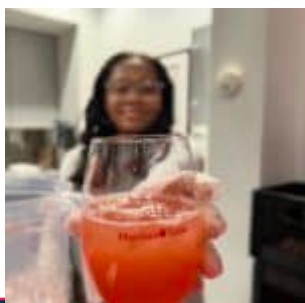
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

July 21, 2026 at 12:00 pm

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 22, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

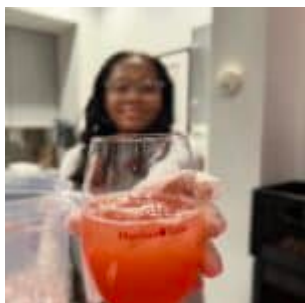
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



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.



Healthy Happy Hour

July 29, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

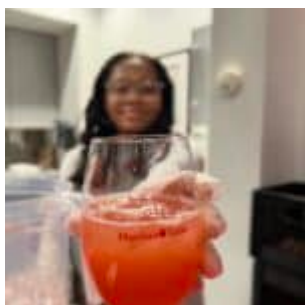
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

August 04, 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

August 05, 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

August 11, 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

August 12, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

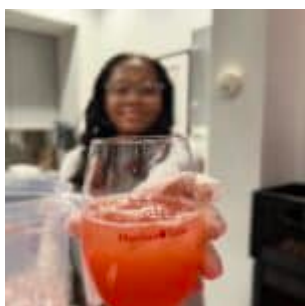
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

August 18, 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

August 19, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

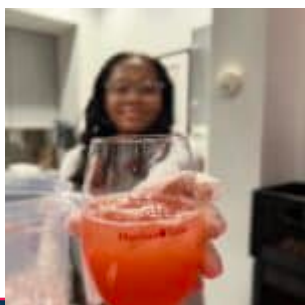
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

August 25, 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

August 26, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

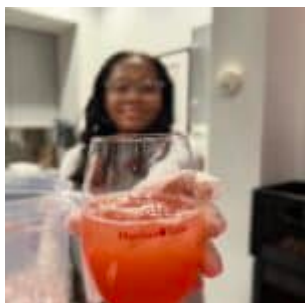
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

September 01, 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

September 02, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

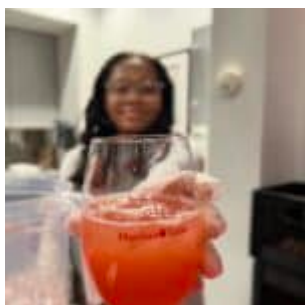
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

September 08, 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

September 09, 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

September 15, 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

September 16, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

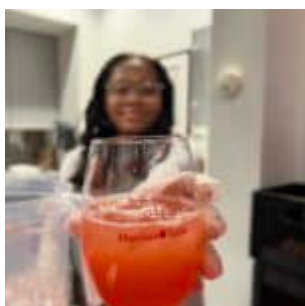
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

September 22, 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

September 23, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

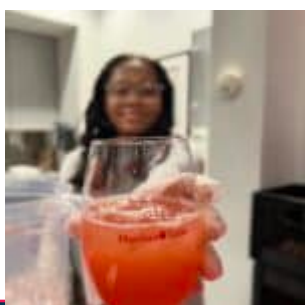
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Mindful Moment

September 29, 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

September 30, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

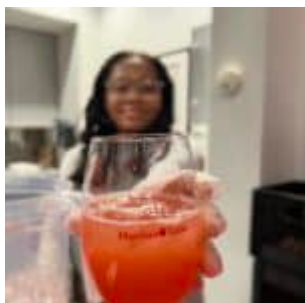
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

October 06, 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

October 07, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

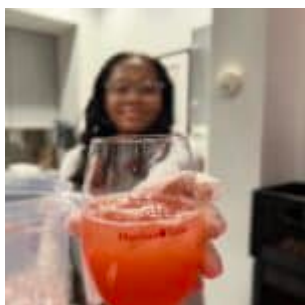
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

October 13, 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

October 14, 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

October 20, 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

October 21, 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

October 27, 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

October 28, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

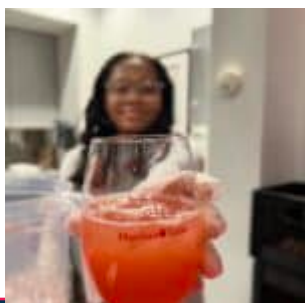
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

November 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.



Healthy Happy Hour

November 04, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

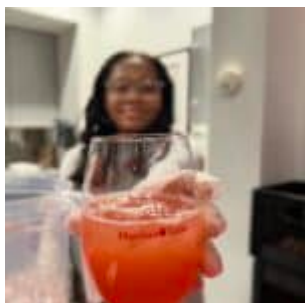
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

November 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.



Healthy Happy Hour

November 11, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

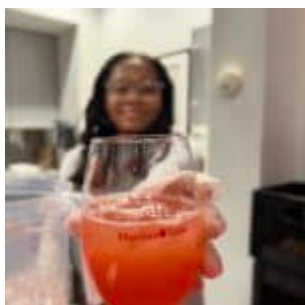
Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.



Mindful Moment

November 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

November 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.



Mindful Moment

November 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

November 25, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

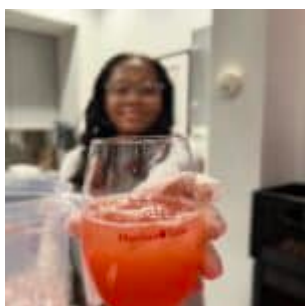
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Mindful Moment

December 01, 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

December 02, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

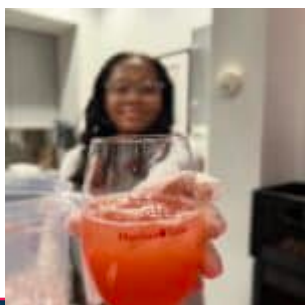
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Mindful Moment

December 08, 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

December 09, 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.