



Mindful Moment

April 29, 2025 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 30, 2025 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

May 06, 2025 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 07, 2025 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

May 13, 2025 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 14, 2025 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

May 20, 2025 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 21, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

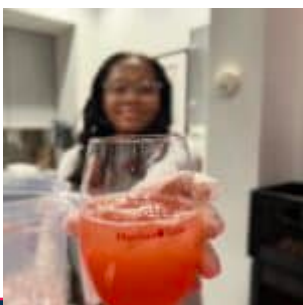
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Mindful Moment

May 27, 2025 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 28, 2025 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 03, 2025 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 04, 2025 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 10, 2025 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 11, 2025 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 17, 2025 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 18, 2025 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 24, 2025 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 25, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

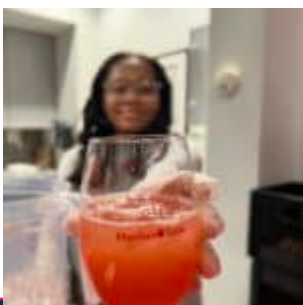
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Mindful Moment

July 01, 2025 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 02, 2025 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 08, 2025 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 09, 2025 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 15, 2025 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 16, 2025 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 22, 2025 at 12:00 pm

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Healthy Happy Hour

July 23, 2025 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 29, 2025 at 12:00 pm

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Healthy Happy Hour

July 30, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

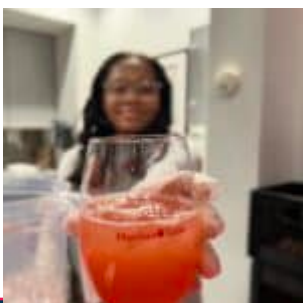
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Mindful Moment

August 05, 2025 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 06, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Mindful Moment

August 12, 2025 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 13, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Mindful Moment

August 19, 2025 at 12:00 pm

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Healthy Happy Hour

August 20, 2025 at 5:00 pm

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Mindful Moment

August 26, 2025 at 12:00 pm

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Healthy Happy Hour

August 27, 2025 at 5:00 pm

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Mindful Moment

September 02, 2025 at 12:00 pm

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Healthy Happy Hour

September 03, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

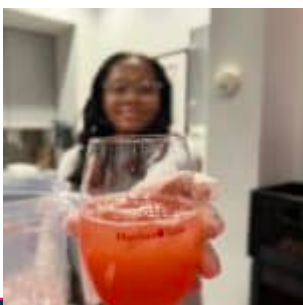
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Healthy Happy Hour

September 10, 2025 at 5:00 pm

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Healthy Happy Hour

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Mindful Moment

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Healthy Happy Hour

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Mindful Moment

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Healthy Happy Hour

October 01, 2025 at 5:00 pm

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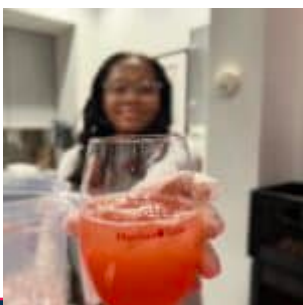
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