



WELLNESS WALK & REFLECTION

Join Zen Well Studio for a transformative experience that honors the legacy of Ruby Bridges and ignites the changemaker within you.

WELLNESS & EMPOWERMENT SESSION

Move your body. Clear your mind. Walk the school grounds with intention as we pause at reflection stations highlighting Ruby Bridges' courage, empathy, and resilience.

YOUR ROLE AS A CHANGEMAKER

Learn practical tools for mindfulness, stress management, and community connection. Leave feeling equipped, not just inspired.

This isn't just about feeling good. It's about being well enough to serve, lead, and transform the spaces you're in.

WHO THIS IS FOR

Students, staff, and families ready to prioritize their well-being while stepping into their purpose.

FRIDAY NOVEMBER 14, 2025

12:15 PM-12:45 PM

📍 **GREAT MILLS HIGH SCHOOL TRACK**
21130 Great Mills Rd.,
Great Mills MD, 20634

