



NAMASTE WITH NOMAR

SELF-CARE, SELF-LOVE FAIR

THURSDAY, MAY 23 | 1 PM - 4:30 PM

Presented by NOMAR's Affiliate Committee



Join us as we advocate for mental health awareness and embark on a transformative journey towards mindfulness. Through engaging discussions and activities led by experts in the field, you'll enhance your mental resilience and self-awareness.

- | | | | |
|---|---------------------------------|---|--|
| 1 | | 1:00 PM - 1:30 PM
The Professional Duty of Self-Care
with Dr. Angela White-Bazile as she delivers a presentation focused on wellness and offer real solutions on how members of the real estate community can benefit from new strategies to reduce stress and lower their risk for developing mental health issues over time. | |
| 2 |
PILATES | 1:45 PM - 2:15 PM
Pilates
with Robin - Tune in to your mind-body connection with this 30-minute invigorating & empowering Pilates session. | |
| 3 |
Come Back FIT | 2:30 PM - 3:00 PM
Guided Meditation & Stretching
Trenell with Come Back Fit - Cultivate intentionality that fosters fulfillment and growth with this 30-minute Guided Meditation & Stretching Session. | |
| 4 |
ZUMBA
FITNESS | 3:15 PM - 3:45 PM
Zumba
with Renata - It's not just a workout, it's an experience! Combining high - energy dance moves, rhythmic music, & positive vibes, let this 30-minute Zumba session feel more like a party than exercise! | |
| 5 | STRETCH
<i>Galore</i> | 4:00 PM - 4:30 PM
Yoga
with Stretch Galore - Cool down with a 30-minute yoga session, focused on mindfulness, presence, and inner peace. | |

Disclosure: NOMAR strongly recommends that you consult your physician or health care professional before starting this fitness program to determine if it is right for your needs. Do not start this fitness program if your physician or health care provider advises against it.

Held at our **NOMAR Southshore Office**
Register at nomar.org/calendar

Featuring samples from:



Thank you to our partners

