

FREE

VIRTUAL

Walking in Freedom! Workshop

DAILY EVENTS



THEME: Renewing the Mind, Body, & Spirit

Host: Rhovonda Brown

OCTOBER 11

6:15 PM - 8:15 PM CST

RENEW YOUR BODY

- MIND SHIFT w/Rhovonda: 5-Minute Journaling
- KRISTINA BROWN: Diabetes Prevention & Management
- COSANDRA BEVERLY: Healthy Living, Healthier eating, and a Healthier YOU.
- LET'S SHOP!: Live Shopping with Grace Me Company Presents Premier Moisture

OCTOBER 12

6:15 PM - 8:15 PM CST

RENEW YOUR BODY & SPIRIT

- MIND SHIFT: 5-Minute Drawing Meditation
- CHANIQUE WILLIAMS: Breathe, A Lung Presentation
- MARICA COLE: Come to Jesus broken, and He will restore, renew, revive you.
- LET'S NETWORK!

OCTOBER 13

6:15 PM - 8:15 PM CST

RENEW YOUR MIND & SPIRIT

- MIND SHIFT w/DR. MARY FILICE: Enneagram: Free yourself from the box you put yourself in.
- BREAKOUT SESSION
- REJOICE ANUSI: Come to Jesus and LIVE!
- LET'S SHOP!: Live Shopping with Kupz of Joy

OCTOBER 14

6:15 PM - 8:15 PM CST

**Ladies
NIGHT**

**WEAR PINK PJ's OR
SOMETHING PINK!**

RENEW YOUR SPIRIT & MIND

- MIND SHIFT
- ALETHEA RICHARDSON: Come to Jesus and be FREE!
- MINDFULNESS PANEL: Panelists will discuss the importance of self-care and share how they are advocating for their own mental health.