

**Yoga and Meditation Class with Stephanie Perrett** • Tosha Yoga; 12-1pm; free

Come join Stephanie for this free lunchtime class designed to encourage centering and mindfulness. We will breathe through slow gentle movements and then have a short guided seated meditation. Perfect for beginners and accessible for all bodies! All props will be provided.

**The Lunch Box: Humboldt Roller Derby on Women's Athletics, Empowerment, and Community** • Arcata Playhouse; 1-2pm; free; light lunch available for \$7

Humboldt Roller Derby is celebrating its 10-year anniversary as a women-led, volunteer-run, premiere sports organization. At this presentation, adult league players of all levels will share their roller derby experience with you, and answer questions about the sport, our community involvement, and more. Roller derby is a tough sport, a warm and welcoming community, a sisterhood, a rebellious and sassy niche in our lives, and much, much more. Come join us for a fun, dynamic presentation and discussion.

Presented by: Natalie Arroyo (Brawn Luc Picard, #47), Krystal Jacob (Sugar Rush, #365), Kelly Ward (Psycho Ward, #5150), and Carrissa Willson (C-Murder, #86)

**Modern Momming: An Interactive Exploration of Being a Mother Today** • Arcata Playhouse; 1-2:30pm; free

Within the bustling ambiance of a cafe-like setting, join us for an interactive discussion on major themes and topics on being a mom today. We will celebrate, commiserate, laugh, and collaborate while uncovering some of the blessings and challenges we face as modern mamas in our crazy world. Presented by "mompreneur" Alegria Sita and Co.

**Singing Games for Parents and Kids** • Redwood Raks Jade Studio; 3:30-4:15pm; free

Take time to sing, dance, and play with your child or children in this fun singing games class. You will be led through simple songs and dances that are fun, joyful, and heart-opening! Presented by Amy Tetzlaff.

**Hair Accessories Class** • Redwood Raks Bella Studio; 4:15-6; \$10

Shoshanna invites you to create a unique and beautiful hair accessory on a clip or hairband that will make a perfect gift for YOURSELF or someone you love. Supplies will include flowers, feathers, sparkles, buttons, ribbons, and more. Glue guns and design assistance will be on hand! \$10 per crafter for supplies. Suitable for ages 9 and up. Great activity for older kids and parents! Additional donations accepted will directly benefit the 02F Festival.

**Compassionate Communication with Erin Rowe** • Tower; 4:30-6pm; free

Compassionate Communication Principles: Learn the basic principles of Marshall Rosenberg's "Non Violent Communication" that provides a structure for having successful, difficult conversations. We will practice listening and speaking in a way that will improve the likelihood of getting our (and other's) needs met.

**Well Living Women: Health and Wellness Panel** • Arcata Playhouse; 6-8pm; free

A panel of professional women with expertise on healthy relationships & sexuality, herbal and traditional medicine, pregnancy & birth, and holistic health will share relevant information and resources available in our community. Each panelist will describe what "self care" looks like through the lens of their expertise. Audience members will have an opportunity to ask their own questions of individuals or the panel as a whole. Together, we will explore challenges, solutions, and community resources to continue our personal path to health and wellness. See you in Health! Panelists: Dr. Jan Dooley, Ramona Lima, Allison Poklemba, Jodie DiMinno, Madelin Amir, Kelly Johnson, and Dr. Melinda Myers

**Tuesday Inspirational Movie: YOU Can Heal Your Life**

presented by TRU Entertainment • Arcata Playhouse;

8-9:30pm; \$5

Narrated by Louise Hay, this documentary offers not only an intimate look into her moving and inspirational life story, but also a special segment devoted to helping you apply Louise's affirmations and groundbreaking wisdom to heal your own life and the challenges that you face today. From Louise to the audience: "I'd like to see them discover what they can really do for themselves," since people can heal their own lives.

