



moving toward wholeness



## Connect & Build a Healthier Community!

Join us in a unique opportunity to create healthier communities for all! In this ground-breaking, 9-session virtual program, you will have a chance to strengthen your personal, spiritual, and community health. Lead instructor, the award-winning Chef Alex Askew and the founder of BCA Global, a non-profit that focuses on racial equity and the culinary arts, leads us in mindful eating, cooking demonstrations and personal reflection to enable healthier lives, social change and a deeper connection between body, mind, and spirit. He, along with the rest of the dynamic team of instructors, will work closely with participants to enable us to form healthier communities. Everyone taking this program will receive a wealth of resources, including nutrition information and guidance, insights from a variety of spiritual traditions, and concrete ways to work together to improve well-being in your community.

We start Wednesday, March 3, 2021, 6:30-8:00pm ET, and will meet every other week. To participate with us in building the Beloved Community, please complete this application form: <http://bit.ly/mebc2021>. Teams of 3 people from each faith community or organization are preferred, if possible. If you have any questions, please contact us at [mebc@iphnetwork.org](mailto:mebc@iphnetwork.org).