

PPAL'S

MONTHLY
STATEWIDE

Virtual on Zoom!

SEPT. 8, 2026
10:00 - 11:30 AM



Healing in Hard Times: Navigating a Holistic Approach to Healing

with Ayanna Freedom, LICSW, RYT 500



Join us for the September Statewide virtual meeting with Ayanna Freedom, LICSW, RYT 500. She will address how trauma shows up in the body for adults and children and how we can all benefit from a somatic healing approach to life, work, and relationships. This workshop will be interactive and experiential, giving participants tools to use to navigate stressful times in life and to calm the nervous system down.

REGISTER:

<https://bit.ly/statewide-98>