Women's International League for Peace and Freedom

Presents

PEACE MEDICINE: Stop… Breathe… Let Go…
Towards Activists' Self-Care and Relaxation for the Equinox

Saturday - September 23, 2023 – 12 pm EST/11 am CST/9 am PST

Suggested Donation - $20

Featuring:

Rev. Audri Scott Williams

Author & Global Peace Walker

With Dr. Jeneve Brooks & Keilah Joyner

REGISTER HERE TO GET EVENT LINK

So much is **swirling around us** – ongoing war and nuclear threat. Climate change is speeding up, people of color are still targeted, and autocratic trends are rising. And the 2024 election year hasn't even started yet! It can be exhausting for us as progressive activists. We yearn to **REST**, to **RELAX**, to **CONNECT**… to just **BE**.

Black Lives Matter Protest 2015
Photo Credit: Johnny Silvercloud

CENTER and _RENEW_ with this unique virtual offering for the EQUINOX! 90 minutes to take care of _YOU_…

September is also Self-Care Awareness Month, and WILPF US wants to recognize that! We encourage your rest and rejuvenation in these challenging times.

*Join **Audri Scott Williams** – visionary author, global peace walker, civil rights activist, and interfaith minister – as she presents: **"Peace Medicine: Stop… Breathe… Let Go… " for this Equinox offering.** Audri Scott Williams supports activists by providing techniques that can be easily embraced to balance and restore what has heart and meaning as a foundation for restoration and renewal.*

WITH…

Dr. Jeneve Brooks, WILPF US Strategic Support & Initiatives Coordinator, is a sociologist, researcher/activist, lover of music/film/dance and a long-time seeker of self-care/spiritual pursuits. She will briefly reflect on gems found within Tricia Hersey's bestselling book, *Rest is Resistance.*

Keilah Joyner, WILPF US Development Research Assistant, has over ten years' experience in criminal justice reform and holds a Masters in criminology from Florida State University. Keilah believes that self-care is pivotal in sustaining one's place in social justice reform work. She will lead an interactive session on the Wellness Wheel.