



Wilkes Community College
and the Alleghany Wellness Coalition
present

Pathways to Wellness Retreat 2025

Tuesday, May 20

9:00 AM – 5:00 PM

(Registration & Breakfast: 8:00 – 9:00 AM)

WCC Alleghany Center

Breakfast and lunch will be included.

Wellness in Action – Building Stronger Communities Together

This retreat will focus on self-care for first responders, caregivers, healthcare workers, relief workers, volunteers, professionals, educators, etc. and will feature the following amazing sessions.

KEYNOTE SPEAKER

Andi Gelsthorpe
Woven Roots, LLC

Saved by Creativity: A Social Worker's Journey from Burnout to Illumination

Using the creative process, Andi engages the listener on a variety of levels from poetry to imagery to storytelling.

She provides insights into her creative process and longevity in the field.

Her story has been described as authentic, relatable, refreshing, and inspiring.

MULTIPLE BREAKOUT SESSIONS

- » Spa Session featuring the following choices: chair massage, salt therapy, red light therapy, and/or foot detox
- » Yin Yoga
- » Sparta Art Party
- » Qi Gong
- » Color & Music Therapy
- » Dance
- » Eating the Mediterranean Way
- » And more!

This informative training is provided to our community at no cost thanks to the generous support of Vaya Health, BCBS, and Hurricane Helene Mental Health Disaster Recovery monies.

CEUs will be available for those who request them.

Seats are limited. Registration is required in advance.

To register, please contact Madison Trogdon at mltrogdon096@wilkescc.edu or (336) 903-3140.



115 Atwood Street • Sparta, NC • 336-372-5061 • www.wilkescc.edu