



We believe in the beauty of the human spirit.

The suffering we are all going through as a result of racial injustice, violence, and social inequality ignites our call to action to support the collective shift in consciousness required to heal the internal wounds of generational trauma. Now is the time to be honest, to be real, to be human. We stand with our courageous brothers and sisters of all races, ages, religions and orientations who are shining light on our historical and current failings and we are committed to the uncomfortable, challenging and reflective work that is needed to create a brighter, sustainable, just and hopeful future together.

Our passionate team continues to share mindfulness, community building and holistic wellness with hundreds of thousands of teachers, students, parents and administrators daily. We could not be more proud of our mission and our richly diverse team. The recent tragic events only make our conviction stronger and our actions more urgent.

We are offering complimentary wellness sessions to schools and organizations to support our mental health during this challenging time. Please reach out. We also invite you to "Share, Feel & Start to Heal" at our Open Forum on Saturday June 6<sup>th</sup> from 1pm to 3pm.

We believe that peace and change starts from within. The journey to global transformation begins inside each of us. Let's engage in this movement together.

Let's breathe. Let's listen. Let's speak. Let's learn. Let's heal. Let's change.

Dave Beal  
Executive Director  
Brain Power Wellness

A handwritten signature in black ink, appearing to read "Dave Beal", written in a cursive style.