



TIDEWATER ARTS OUTREACH

presents



# Chair Fitness with Fit Goddess Tribe (Jara Clark) Wednesday, January 21<sup>st</sup> at 2:00pm

Jara is a wellness expert with a Psychology degree and certifications in personal training, yoga, and human movement.

Inspired by her journey overcoming trauma, she empowers communities through programs that promo wellness. Mind-Body Team Wellness Experience empowers faculty, staff, and students with tailored workshops in yoga, breathwork, strength training, and stress management. The program fosters resilience, boosts brain health, and promotes healthy living.

IN PARTNERSHIP WITH:

