

# To Claim Healing for Ourselves

## A series of Spring 2023 ZOOM Gatherings on Wellness!

Diakonia of The Americas and The Caribbean (DOTAC) presents:

### **March 15- “Mindfulness”**

Kimiko Karpoff, Diaconal Minister  
The United Church of Canada

### **April 19- “Guided Meditation”**

Sister Davia Evans,  
The Deaconess Community of the ELCA

### **May 17- “Trauma Release Exercise”**

Deaconess Carla Vilma Jandrey,  
The Evangelical Church of the Lutheran Confession in Brazil

*All sessions are presented by talented and experienced  
DOTAC members on Wednesdays  
and begin at 1pm Eastern.*

Mark your calendars now! More information to come!