

Greetings,

We are the Powderhorn Area Wellness collective. We provide massage, muscle therapy, herbalism, reiki, sound healing, acupuncture, divine light, and resource and referral. We were established in response to the traumatic incidents of 2020 and came together to provide needed healing for our neighborhoods. We are a predominantly Black and LGBTQA+ group who provide monthly community wellness services at the Walker Community Methodist Church on 16th and 31st on the last Wednesday of the month from 4:30pm to 7:30pm. Our services are primarily geared to serve our BIPOC community, but are inclusive to non-BIPOC. Our services are provided on a freewill-donation-basis to the community and find this to be a great opportunity to replenish our resources in exchange for our time.

Practitioner	Service	Cost of Service	Needed Resources	Cost of Resources	Total
Po Yoni/Katya	Herbal Consultation	50/hour 200/day Total for Summer: 2400	Seasonal Herbs	200	2600
Effie	Muscle Therapy	120/hour 480/day Total for Summer: 5,760	Transportation	600	6360
Tamiko	Sound Bath	440/day Total for Summer: 5280	None	None	5280
Miriam/Hannah	Craniosacral Bodywork	100/hour 400/day Total for Summer: 4800	None	None	4800
Total					19,040

For any questions or concerns please, feel free to contact me via phone at **715-220-8859** or email at Lauren.evans09@gmail.com.

Blessings,

Lauren Evans
Social Work, MSW Student at St. Catherine University
1513 E 35th St, Minneapolis, MN, 55407

WELLNESS WEDNESDAYS

March 30 | April 27 | May 25

Walker Church
4:30-7:30pm

massage & muscle therapy, craniosacral
bodywork, acupuncture, herbal support,
sound bath

FREE FOR BIPOC

(This event is BIPOC -centered but not exclusively BIPOC)



CONTACT:

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