

Health Promotions Ministry Presents:

Mindful Mondays

LENTEN SCHEDULE

Mondays during Lent at
6:30pm

Reserve your spot by emailing us at
ollhealthpromotionmin@gmail



Kendra Driver, PhD, MSc
Director of Beacon Hope
Coordinator



LaSheka "LB" Morris, M.S.,
NBC-HWC, SMART Provider



Jayla Robinson LPCS- Co-
Founder of Abundant Life
Counseling Services

- 3/2/26: ***"Embracing God's Presence through Mindfulness"*** - LaSheka "LB" Morris, M.S., NBC-HWC, SMART Provider
- 3/9/26: ***"From Surviving to Soaring: Mindfulness Practices for Breaking Generational Cycles"*** - Kendra Driver, PhD, MSc Director of Beacon Hope Coordinator
- 3/16/26: ***The Gut-Brain Glow-Up: How Gut health is tied to Your Mental Health-*** LaSheka "LB" Morris, M.S., NBC-HWC, SMART Provider
- 3/23/26 ***"Reclaim Your Calm: Practical Tools from a Mental Health Professional"*** - Jayla Robinson LPCS- Co-Founder of Abundant Life Counseling Services
- 3/30/26: ***Eating with Intention: Feeling Empowered through Mindful Eating-*** LaSheka "LB" Morris, M.S., NBC-HWC, SMART Provider

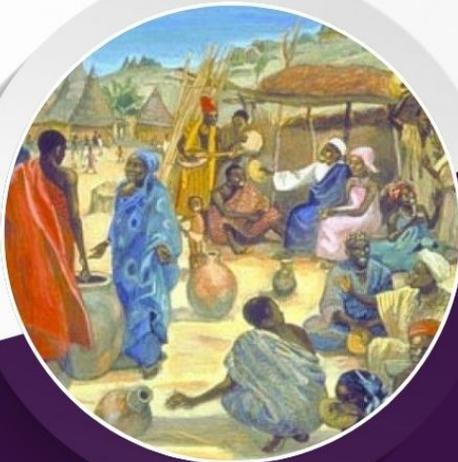
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A LENTEN REFLECTION SERIES:

Scripture and African American Sacred Song

By Rev. Deacon Royce Winters

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Virtual

MONDAY NIGHT LENTEN SCRIPTURE STUDY

February 23, March 2, 9, 16, 23, 2026

Rev. Deacon Royce invites you to join him for Monday Night Lenten Virtual Bible Study from 6:30 pm - 8:00 pm EST.

<https://zoom.us/j/97200481248>



Studying The Book of
Paul's Letter to the
Ephesians
— *For Lent* —

facilitated by

Rev. Deacon Royce Winters

Tuesday Nights 6:00 pm - 7:00 pm
(February 24, March 3, 10, 17, 24, 31)

Saint Paul writes his Letter (Epistle) from a Roman prison. The letter's audience is to all those who long to mature in faith and live the example of Jesus. Saint Paul describes the discipline needed to develop into true children of God. The aim of this epistle is to confirm and to equip a maturing body of believers, the church.



Join Zoom Meeting

<https://zoom.us/j/93589566400>

Meeting ID: 935 8956 6400