

RESOURCES

Today's Guest Presenter Resource

Explore gentle somatic tools to support your nervous system, process stress, and reconnect to your body.


Derek Glenn Larson – Somatic Therapist & Educator

 Website: www.derekglennlarson.com

 Instagram: [@aplacetolandsomatics](https://www.instagram.com/aplacetolandsomatics)

Helene Morel, PMHNP-BC

Psychiatric Mental Health Nurse Practitioner at Grow Therapy 

Creator | *Nurses Love*  *Their Young*

Mental Health Theory Professor & Clinical Instructor, CNI College School of Nursing

"Today is the future I created yesterday." — Louise Hay


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Be Your Best Wellness Fest – Summer 2025

 *Free community event co-hosted by Cellevate – a premier social wellness destination*


 **Saturday, May 10, 2025 | 11AM–4PM**

 Rush Park, 3021 Blume Dr, Rossmoor, CA 90720

Event Highlights:

- Outdoor health classes & indoor wellness workshops
- Stage entertainment & expert vendor fair
- Healthy food pop-ups
- Free kids' fitness & bubble zone
- Cold plunges with Cellevate coaches

 Instagram: [@beyourbest_wellnessfest](https://www.instagram.com/beyourbest_wellnessfest) | [@cellevate_together](https://www.instagram.com/cellevate_together)

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