FEEL GOOD FRIDAYS
6:30PM

Join the Caltech Center for Inclusion and Diversity and Student-Faculty Programs for a summer line-up of opportunities to engage in self-care, learn something new, and reflect on the current moment.

CREATIVE WRITING
JULY 10

Sofia Rose Smith
This writing workshop will focus on healing for freedom, joy, and transformation. Together we will write, create, share vulnerably, and play with words.

DANCE, HISTORY AND ZAPATEADO RHYTHMS
JULY 17

Vanessa Sanchez - La Mezcla
As we work towards equity for the future, let’s take a look at how dance and music have inspired social change! In this workshop, we will explore tap dance, Pachucas & the Zoot Suit Riots, and learn how to dance some traditional Son Jarocho rhythms.

MEDITATION AND MOVEMENT
JULY 24

Alli Simon - @omgirlalii
We are living in uncertain times — and without answers to what the future holds. We want to offer you a guided meditation and gentle movements that can support us through the days ahead.

RSVP TO CCID
https://diversity.caltech.edu/events/RSVP

For every workshop you attend you will be entered to win a $25.00 Gift card to a local business in your town!