

**Madison INTOyellow** is an annual week-long series of FREE arts, educational and social events that support and celebrate local community mental health resources in honor of National Mental Health Month (May). All events have been developed by a group of Optimistic community leaders, artists, therapists, educators, students, religious leaders and senior citizens with the shared intention to shine a light on the stigma of Mental Health and inspire community connection through collaboration and creativity.

### Saturday, May 4

**Planting of Pollination "Flowers"**  
8am-12pm  
Lawn of Hartley Dodge Memorial Building

### Monday, May 6

**Guided Meditation (All Levels)**  
9-10am, MCC  
*Donna Kass of Empowerment Meditation*

**Equine Therapy**  
6:30-7:30pm, MCC  
*Maureen Coultas, Executive Director, Hope's Promise Therapeutic Riding & Equine Assisted Activities Program*

**Qigong, Exercise for Cultivating Health and Well-Being**  
7:30-8:30pm, MCC  
*Bianca Godoy of Madison Area YMCA*

### Tuesday, May 7

**Iyengar Yoga, (All Levels)\***  
9-10am, PCM Lawn  
*Jane Caulfield of Studio Yoga*

**Developing Mental Skills for Well-Being**  
12-1pm, SSBS and 6:30-7:30pm, PCM  
*Pat Miller, Pastoral Counselor and Psychoanalyst*

**Qigong, Yoga & Meditation Sampler**  
7:30-8:30pm, PCM  
*Anita M. Pacheco of Madison Community House and Anita's Attitude Adjustments, LLC*

**Wear  
YELLOW  
ALL WEEK!**

### Wednesday, May 8

**Beginner Salsa**  
9-10am, PCM Lawn  
*Vanessa Hocken of Mind Your Body*

**Demystifying Mental Health**  
12-1pm, SSBS and 6:30 -7:30pm PCM  
*Lisa Sprague, LCSW, Project Community Pride of the Madison Area YMCA & Cara Maksimow, Licensed Clinical Therapist and Owner of Maximize Wellness*

**Hunyuan Qigong**  
7:30-8:30pm, PCM  
*Dr. Henry McCann of NJ Center for Acupuncture*

### Thursday May 9

**Resistance Band Training\***  
9-10am, PCM Lawn  
*Claudia Aarts-Schreiber of Chaise Fitness*

**Holistic Decluttering**  
12-1pm, SSBS  
*Jennifer Sikora, Founder of Smaller Bigger Life - Life Coaching and Organizing*

**Clear & Quiet Your Mind and Feed Your Brain**  
6:30-7:30pm, PCM  
*Janet StraightArrow, Shaman, Reiki Master, Coach, Sage and CEO of Be The Medicine & Kathy D'Agati - Holistic Nutrition Coach and Certified Gluten Practitioner from Back to Basic Wellness*

**Sun Style, Tai Chi**  
7:30-8:30pm, PCM  
*Brian Coffey of Qigong for Healing, Adult School and Grace Episcopal Church*

\*mat recommended

### Friday, May 10

**Hatha Yoga, (All Levels)**  
9-10am, PCM Lawn  
*Anna Major of Foundations Yoga*

**Increasing Optimism: Science Behind Smile**  
12-1pm, SSBS  
*Cara Maksimow, Licensed Clinical Therapist and Owner of Maximize Wellness*

**In Our Own Voice**  
6:30-7:30pm PCM  
*Gail Schrafman, NAMI NJ Representative*

**Candlelight Yoga (Hatha)\***  
7:30-8:30pm, PCM  
*Anita M. Pacheco of Madison Community House, Anita's Attitude Adjustments, LLC*

### Saturday, May 11

**Be the Boss of Your Thoughts**  
(for children)  
12-1pm, SSBS  
*Gretchen Burman - Founder of Character U, Author & Speaker*

**Saturday, May 11  
1-4pm  
FREE EVENT**

**People's  
picnic**

*Outside Madison Community Arts Center, 10 Kings Rd.*

**JOIN IN brightening the town  
FOOD • MUSIC  
Optimistic CONVERSATION**  
Please RSVP at [www.Healthy-Italia.com](http://www.Healthy-Italia.com)

hosted by   
**Healthy Italia**  
La Buona cucina

Check out [intoyellow.com/madison](http://intoyellow.com/madison) or follow us on Facebook @[madisonintoyellow](https://www.facebook.com/madisonintoyellow) for a complete list of intoyellow events happening around town

Locations Key:  
MCC: Madison Civic Center (28 Walnut St.)  
SSBS: Short Stories Bookshop & Community Hub (23 Main St.)  
PCM: Fellowship Hall at Presbyterian Church (19 Green Ave.)