

YOUR GIFT: \$500,000 **MOVEMENT AND MINDFULNESS ROOM**

Your Legacy

- Name recognition on a sign inside the Movement and Mindfulness Room.
- Opportunity to attend the ribbon cutting ceremony and capture a family portrait on the campus to acknowledge your family's multi-generational legacy of support.



Your Impact

Our Movement and Mindfulness Room, a peaceful, purpose-built space where you can nurture both your body and mind. Designed for relaxation, rejuvenation, and self-care, this serene environment offers the perfect setting for a variety of wellness practices, from gentle stretching to guided meditation and mindful movement.

The room features soft, natural lighting and calming décor, creating a tranquil atmosphere that encourages inner peace and focus. Spacious and flexible, it's ideal to host our chair yoga, and easily be flipped into space for other necessary activities to complement respite.

Whether you're looking to engage your entire family or independently, the Movement and Mindfulness Room provides a calming retreat where you can explore mindfulness techniques, improve strength and flexibility, or simply take a few moments to breathe and relax. It's a sanctuary for anyone seeking to cultivate balance, reduce stress, and restore mental clarity.

This room is the perfect place to reconnect with your body, quiet your mind, and embrace the present moment, all in a serene, welcoming space.