

Welcome to Alluma Night!

ALLUMA NIGHT

- 1 ALLUMA HUB**
Welcome Station
- 2 Alluma Foundation**
- 3 LGBTQIA+ Station**
- 4 Coloring Wall**
- 5 Alluma Careers**
- 6 COMMONS**
See back side
- 7 Affirmation Station**
- 149 Dig a Little Deeper (Journaling) and Diamond Painting**
- 150 Ojibwe Music & Mental Wellness**
- 232 Calm Jars Station**
- 510 Glow Dance Party**



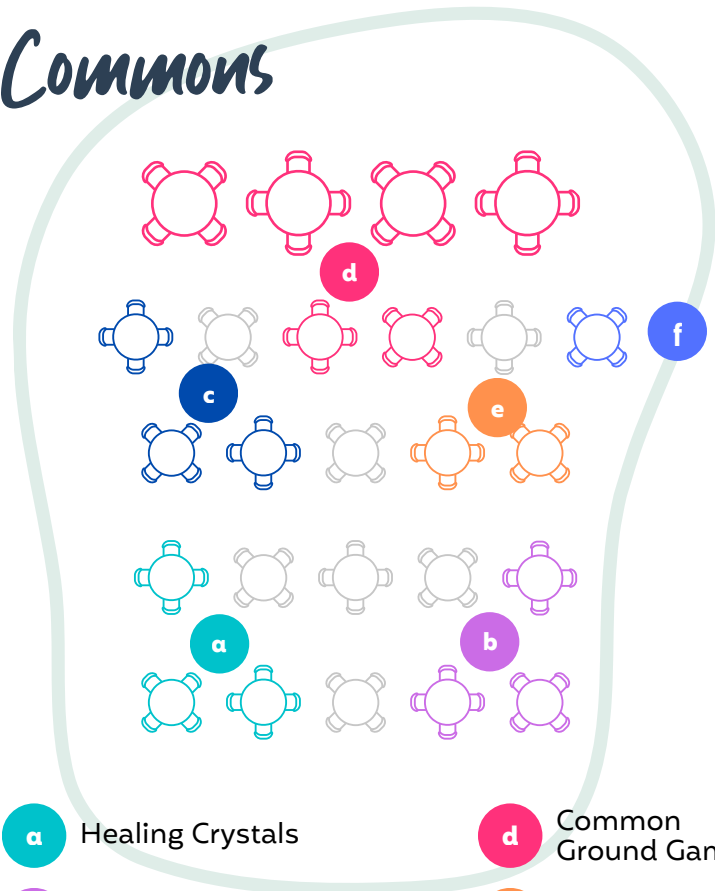
Low Volume Lane

- 234** Yoga + Meditation & Sound Bath
Schedule on back side
- 236** Healing Touch and Reflexology*
- 238** Reiki*

● Community partners

**By appointment only*

Commons



- a Healing Crystals
- b Aromatherapy Bracelets
- c Fidget Station
- d Common Ground Games
- e Northern Lights Chalk Activity
- f Cornhole & Giant Jenga

Schedule

WHEN	WHAT	WHO	WHERE
4:30 p.m.	Booths and expo open		
	Ojibwe Healing Song	Jon Weaver	Commons
	Meditation Session	Anthony Diaz	Room 234
4:45 p.m.	Yoga Session	Anthony Diaz	Room 234
5:00 p.m.	Sound Bath	Anthony Diaz	Room 234
	Music & Mental Health	Jon Weaver	Room 150
	ART 101	Rachael Herbert	Room 226
5:30 p.m.	Meditation Session	Anthony Diaz	Room 234
5:45 p.m.	Yoga Session	Anthony Diaz	Room 234
6:00 p.m.	Sound Bath	Anthony Diaz	Room 234
	Music & Mental Health	Jon Weaver	Room 150
6:30 p.m.	Yoga Session	Anthony Diaz	Room 234
6:45 p.m.	Sound Bath	Anthony Diaz	Room 234
6:55 p.m.	Ojibwe Healing Song	Jon Weaver	Commons

Community Partners

- Community Health Services, Inc.
- East Grand Forks Adult Education
- EOSIS Northern Plains
- Grace & Grit: Health & Healing Thru Horse Human Partnerships
- Healing Grace Therapies
- H.O.P.E. Coalition
- Northland Community & Technical College
- NW8 Adult Mental Health Initiative Local Advisory Council
- NW Minnesota Suicide Prevention Regional Coordination
- Options Resource Center for Independent Living
- Polk County Public Health
- Polk County Social Services
- Polk County Veterans Services
- Titan Health & Wellness
- Tri-Valley Opportunity Council & Polk County Family Resource Centers