

# Chloe's Community Wellness Workshops



*a mental health wellness program  
by Rosell Studios LLC*

# About Us



Rosell Studios LLC is a creative design studio on a mission to support mental and emotional well-being through movement, mindfulness, and art.

At the heart of our wellness programs is Chloe, our friendly mental health mascot who brings warmth, encouragement, and a whole lot of fun to every event. Chloe is a symbol to be proactive when taking care of your mental health! We partner with businesses and community groups to make mental health approachable, creative, and engaging.



# Workshop List

## Fun, Morale Boosting Activities!

- Yoga & Professional Led Dance Sessions
- Guided Breathing + Grounding Exercises
- Mindfulness & Grounding with Chloe
- Healthy Screen-Time Habits
- Creative Art Therapy Activities
- Includes Chloe sticker sheets and activity handouts

# Workshop Materials

## Included In Our Bundles



- Branded social media graphics (with your logo + Chloe)
- Workshop facilitation (virtual or in-person)
- Complimentary water and healthy snacks (for in-person events)
- Digital fliers and workshop posters
- Printable take-home wellness activity sheets
- Chloe-themed stickers to celebrate the event!
- Chloe mascot appearance!

# Bundles



## **Mindful Scout - \$80**

- Good for small groups of 10-15 scouts
- 30-minute wellness session
- Guided meditation, screen-time tips, and/or yoga

## **Wellness Pack - \$150**

- Good for groups of 20-30 scouts
- 45-minute session
- Movement and art-based activity

Bundles can be done virtually or in-person at your location within a radius.

We customize the activities and wellness sessions depending on what your badge needs are!



# Booking Info

**We Look Forward To Working With You!**

Contact: [rosellstudiosllc@gmail.com](mailto:rosellstudiosllc@gmail.com)

Website: [chloelife.com](http://chloelife.com)

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

TikTok: [@rosellstudiosllc](https://www.tiktok.com/@rosellstudiosllc)

