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HEALTH & WELLNESS



History. Culture. Trauma
Thursday at 1PM Pacific
January 5th 2023: Looking Forward: The Future of the PACEs Movement.

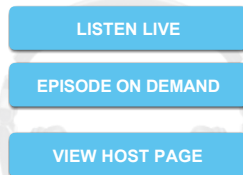
This week, our hosts Ingrid Cockhren & Mathew Portell will reflect on 2022 and discuss the possibilities for the future of the worldwide PACEs movement. 2022 had many lessons. In fact, the collective trauma of the past three years has increased our awareness of the impact of stress and trauma and the need for collective care, community and positivity. What does this mean for the PACEs movement? How can we solve our society's most intractable problems? Join us as we discuss how the application of PACEs science is the cure and what the future holds for us if we, as a collective, become tra

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