



Type here to search

This Folder



Address Book

Options



Log Off

- Mail
- Calendar
- Contacts
- Email Settings

- Deleted Items
- Drafts [1]
- Inbox
- Junk E-Mail
- Sent Items

[Click to view all folders](#)

- 16-12 Grants Committee
- 20-01 (26)
- 20-02 (18)
- 20-03 (27)
- Manage Folders...

Reply Reply to All Forward Move Delete Close

We think you might need an escape 😊

Profound Gentlemen [profoundgentlemen@gmail.com]

Sent: Wednesday, April 15, 2020 12:59 PM

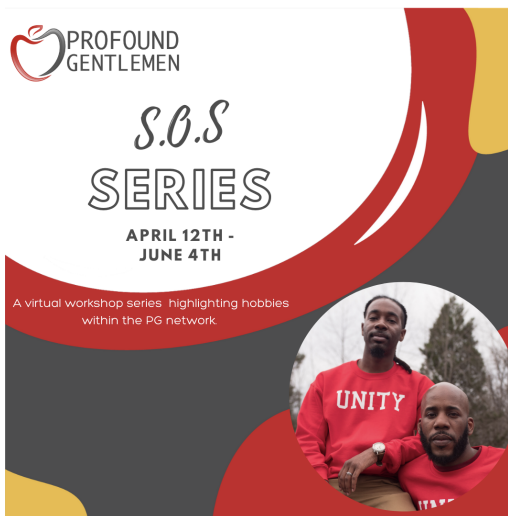
To: Steve Johnston



PG's Spring Online Series

Like you, we are all soooooo ready to get up out of the house, but we can't and we must follow the CDC guidelines! Profound Gentlemen has developed a series of Workshops to encourage community, connection, and growth. Our new [S.O.S series](#) consists of fun workshops that highlight the hobbies of our Gentlemen.

We recognize that everyone likely needs these elements in their life right now, and so we've opened up a select number of our workshops to the public. Whether you'd like to join a book club or start an herb garden, you are in for a treat when you join the PG community. A full list of the workshops available to the public is provided below.



School Daze Or Whatever That's Like Netflix Party!

Thursday, April 16th, 9:00 pm

Join the PG impact team as we watch School Daze through the Netflix party!

Location: zoom

Book Series Part 1 Of 3 Where To Begin By Cleo Wade

Monday, April 20th - April 30th

Part 1 of our 3 part book series! The theme for the series is “Inspiring A Better Future.” Together, we will read books that will challenge us to think more positively about people and the world that we live in! The first book is Where To Begin By Cleo Wade. Cleo Wade’s second anthology of heartfelt poetry and prose builds on the wisdom of her bestselling book Heart Talk, encouraging you to remain hopeful and harness your personal power to bring positive change into our world.equality.

Location: Zoom

Google And The Virtual Classroom: How To Be A Boss Teacher In And Out Of The Classroom

Tuesday, April 21st, 7:00 pm

Whether you are in your classroom or teaching virtually, tech integration is key. This session will demystify google classroom so that it can be used as a resource in your teacher toolkit. We will cover topics ranging from set up to assigning work and giving feedback. We will also learn how to integrate other tech tools into your google classroom. Location: Zoom

Mental Release Through Music

Thursday, April 23rd, 5:00 pm

Music is a great way to release tension and to decompress from long days at work, or home! In this session, gentlemen will learn how I use music to take mental breaks throughout the day by combining various sounds and samples to create a product!

Location: zoom

Plant With Me! Taking Care Of Indoor Plants And Creating An Herb Garden

Saturday, April 25th, 12:00 pm

Plants are great accessories that looks good but adds years to your life! Do you struggle with keeping a plant alive? Do you desire to start a garden or to be a plant parent!? Mario will share tips and tricks on how to establish a green thumb!

Let's Get Physical

Monday, April 27th, 10:00 am

No weights, no machines, no problem. Keeping active in quarantine doesn't have to be hard. This session will provide exercises that will continue to allow you to stay or get fit.

Location: Zoom

Organizing Your Whole Self

Wednesday, April 29th, 2:00 pm

Learn about 6 batteries of success to help your visualize, plan, and execute your best life.

Book Series Part 1 Discussion

Thursday, April 30th, 7:00 pm

Join the PG Impact as we discuss our first book, Where To Begin! Location: Zoom

[Register Here!](#)



Copyright © 2020 Profound Gentlemen, All rights reserved.

You are receiving this email because you expressed interest in receiving updates about our work.

Our mailing address is:

Profound Gentlemen
2701C Freedom Dr
Charlotte, NC 28208-3853

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).



Connected to Microsoft Exchange