



Wednesdays

A welcoming morning focused on
wellness, connection, and caring for yourself.



Wednesdays | 9:15 – 11:15 AM

- January 21
- February 4 & 18
- March 4, 18 & 25
- Victor Mager School
- Child minding available

What to Expect:

- Gentle movement
- Wellness conversations
- Stress management tools
- Connection & community

✓ This program is free

Registration required

