



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

