



Parents deserve time to care for themselves, too. Join us for a 2-day wellness experience for parents and caregivers designed to support your mind, body, and overall well-being while providing practical tools to help you feel your best.

## Your Experience Includes:

### DAY 1: MOVE & RECHARGE

Physical Wellness & Workout Class  
Location: Sgt. Steve Owen Memorial Park  
43063 10<sup>th</sup> St W, Lancaster, CA 93534

### DAY 2: NOURISH YOUR MIND & BODY

Mental Wellness & Nutrition  
Location: 1753 W Avenue J, Ste. B,  
Lancaster, CA 93534

- Nutrition & Healthy Habits
- Self-Care & Family Connection
- Certificate & Incentive for Completing Both Days

**August 20 & 27**  
**Time: 10:30am-12pm**

# Press Pause: A Parent's Wellness Reset

Take a moment.  
Recharge. Refocus.  
Reconnect.



Limited Space | Scan QR Code here



**LIMITS DON'T EXIST**



**TimeList**