



Self Wellness

Welcome to our Self Wellness group! This is a safe and supportive space for individuals who are interested in incorporating light exercise, mindfulness, and other wellness activities into their daily routines. Join us to enjoy activities such as playing games, making beauty products, scrapbooking, coloring, baking, hair and makeup tutorials, arts and crafts, and bonding over healthy snacks. Whether you're looking for accountability, motivation, or simply a community to share your journey with, this group is here for you. Let's encourage each other to prioritize our well-being and embrace a healthier, happier lifestyle together.

When:

Thursday
12:30pm to 3pm

Where:

Meet at Willakenzie Crossing
3057 Willakenzie Rd



“Every journey starts with a single step”