

Nurture Yourself Mini-Retreat for Mamas

Event Information

This event is designed to nurture mothers' minds and bodies through gentle exercise (ex. yoga), massage, and activities to foster a special connection with other mothers. This is a relaxing day for mamas to take care of themselves while also taking care of the ones they love.

The Nurture Yourself Event Package Includes:

- Individual chair massage
- Gentle exercise class for the group
- Healthy lunch
- Discussion about finding social support and your mothering "tribe"
- Self-care and stress reduction support, including time and stress management assistance
- Nutrition education with healthy recipes, meal planning ideas, and grocery shopping tips
- Assistance connecting with local health resources pertaining specifically to your needs
- Physical activity and fitness education resources
- Automatically signed up for our monthly electronic newsletter with healthy lifestyle tips
- Access to private online group

This workshop does not provide clients with a required diet, supplement, or exercise plan. We do not offer medical advice. Clients are encouraged to contact a physician for personal medical questions.