THE FAMILY YMCA PRESENTS

THE TAKEOVER WITH JJAB

There is more out there. Come find it!

MEET AT FSN – RESTORATIVE NATURE IMMERSION

BOBA from SAMIZDAT

Restorative Nature Immersion: Take a break from screens, stress, and busy schedules. This guided experience invites you to connect with nature through your senses and support your physical and mental health. Dress comfortably for slow activity in an outdoor environment. Wear closed toes shoes.

NOVEMBER 14TH

AT: 2 – 4PM

Location: FSN

MIDDLE SCHOOLERS

Register Now

FREE

READ MORE

Or just show up and have your adult sign a waiver on the spot!

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the YMCA

The Family YMCA | www.laymca.org | 505-662-3100