

Holistic Health DIY Workshop

Sleep & Self Care

Join Cortnee and Juanita, certified personal trainers, for a serene journey into holistic self-care as we explore the soothing benefits of lavender. In this hands-on workshop, you'll learn to craft your own lavender-infused sleep masks and discover the art of creating a refreshing facial toner using natural ingredients.

Come prepared to relax, engage, and leave feeling refreshed and empowered to take charge of your health. Mark your calendars, and we look forward to seeing you there!



COST
\$10
MEMBERS

\$15
COMMUNITY

REGISTRATION CLOSES - AUGUST 27TH



Stateline Family YMCA
Kerry Room
501 Third Avenue
Beloit, WI 53511

www.statelineymca.org/holistic

Holistic Health DIY Workshop

Sueño y Cuidado Personal

Únase con Cortnee y Juanita, entrenadoras personales certificadas, en un viaje sereno hacia el cuidado personal holístico mientras exploramos los beneficios calmantes de la lavanda. En este taller práctico, aprenderá a elaborar sus propias mascarillas para dormir con lavanda y descubrirá el arte de crear un tónico facial refrescante utilizando ingredientes naturales.

Venga preparado para relajarse, participar y salir sintiéndose renovado y empoderado para tomar cargo de tu salud. ¡Marquen sus calendarios y esperamos verlos allí!

AGOSTO

30

5:00-6:00PM

COSTO

\$10
MIEMBROS

\$15
COMUNIDAD

INSCRIPCIÓN CIERRA - 27 DE AGOSTO



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