

Treat Yo Self

RELAXATION & WELLNESS

WHERE: JEFFY SQUARE

WHEN: APRIL 19, 4PM to 6PM

Come out and de-stress with fun self care stations and a raffle prize at the end!

POT A PLANT!

Didn't get to pot a plant at our last program? No worries!! We will have pot a plant again!!!

MAKE A GOODIE BAG!

Fill a bag with all the necessities for relaxing. Items to choose from will be candy, coloring pages, tea bags, bubble wrap, and more!!!

MAKE YOUR OWN SENSORY BOTTLE!



Get fun and crafty with a DIY!



TIE DYE YOUR OWN SHIRT!

Tie dying brought to you by ARH! First 20 people get a free shirt and then bandanas will be passed out!