

Love Thyself

WELLNESS RETREAT FOR PARENTS & FAMILIES

Join us for a day of self care for
the mind, body and spirit.

Saturday, February 19
10am-12pm

Be Well Gathering Place
19 Everglades St
Belle Glade, FL 33430

On this day, we will be offering the following:

- free childcare for very young children (0-5)
- wellness activities for adults, including movement, stillness, and fellowship
- wellness activities for children (6-12) and teens (13-19)
- giveaways for healthy habits
- healthy refreshments

COVID CDC guidelines will be enforced



Federation of
Families of Florida, Inc.
Healthy Minds. Healthy Families. Healthy Communities.



Free and open to the public.

Please register at <https://www.theway.education/glades-wellness-retreat>