

# Mom's Morning Out – a day of relaxation

Moms of all ages are invited to enjoy a free morning of education, inspiration and relaxation on May 4 from 8am-12:30pm in the Commons Area at Lake Tahoe Community College.

This is the third annual Mom's Morning Out is sponsored by Barton Health.

Beyond providing a place where moms can relax for a few hours, the event also provides opportunities to learn about the importance of taking care of themselves at all stages of their lives.

The line-up of events:

- 8:15am – Yoga, by The Studio Lake Tahoe
- 9am – Coffee and Brunch, by Blue Angel Café
- 9:30am – “What Happened to My Sweet Child?” Tracy Protell, Barton Pediatrics & Psychiatry
- 10:30am – “In-Shape Motherhood” by Kenneth Spielvogel, Barton Women's Health
- 11:30am – “Jump Start your Day!” with KAIA Fit.

Beginning at 9am attendees will have the opportunity to browse nearly 30 booths, relax in the Zen Room and enjoy a little pampering.

For more info, call (530) 543.5537.