

# Moms' Morning Out – a day of pampering

Women of all ages are invited to attend the fourth annual Moms' Morning Out on May 2.

Moms' Morning Out was started by Barton Health as a health and wellness program for new moms. The program has grown and last year more than 200 women, not just moms, participated in the event.

The morning starts at 8 with attendees choosing between a yoga class by Studio Lake Tahoe or Jazzercise with Jodi Stewart.

Other activities, including coffee and brunch from Blue Angel Café, are scheduled from 9am-noon. At their own pace, women may browse wellness booths from local businesses and sign up for a variety of pampering activities, including massage, mini-facials, and hypnotherapy. Barton Health medical providers will also share informative wellness lectures. This year's topics include Kegels & More – Power Your Pelvis, at 9:15am, Intimacy After Kids and Beyond, at 10:15am, and Identifying Teen (and Tween) Stress at 11:15am.

No reservation is required and all activities are free at Lake Tahoe Community College in the commons area. All attendees must be 12 or older to attend.