

Mom's Morning Out all about pampering

The fifth annual Mom's Morning Out, which is for women of all ages, is April 30.

Mom's Morning Out is an event just for women that unites the body and mind. It's an opportunity to slow down, unwind, and be pampered.

Yoga starts at 8am, with other fitness classes throughout the morning

Most activities – including coffee and brunch – are scheduled from 9am-noon.

Barton Health medical providers will provide wellness lectures.

The free event takes place at Lake Tahoe Community College in the commons area. No RSVP is required. All attendees must be 12 or older to attend.

Get more information by calling 530.543.5537 or by going **online**.