

Mom-Me Time



WOW

March 5
5:30 p.m.

Repeating with a new topic on the
first Thursday of each month!

Bring calm, harmony
and peace to your
day-to-day life.



Take home a
complimentary gift
*while supplies last

Learn techniques to find calm, quiet, and stillness with
Sara Rader. Guided yoga instruction
floor/chair (optional) with Marie Schluter.

Light meal for Moms.
Childcare available
for 0-7.

Please call ahead if you need
childcare. Space is limited.

209-257-1092



Meet Sara Rader, MS, NCC, LPCC
First 5 Amador
975 Broadway
Jackson

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