

A BEYOND BLUE GROUP

SUBMERGE INTO SUMMER

with Self Care

JULY 22ND - SEPT 9TH
11AM TO 12PM

EVERY FRIDAY

For pregnant moms and moms with children up to the age of 1. Enjoy refreshments and a different self care activity every week, like yoga, cooking, and art therapy.

RSVP by texting 217.636.4221

**SURPRISE GIVEAWAY
EVERY WEEK**



This group will take place at United Way.
United Way is located at:
5 Dunlap Court, Savoy, IL 61874
Questions? Call the Nursery at **217.337.2730!**