
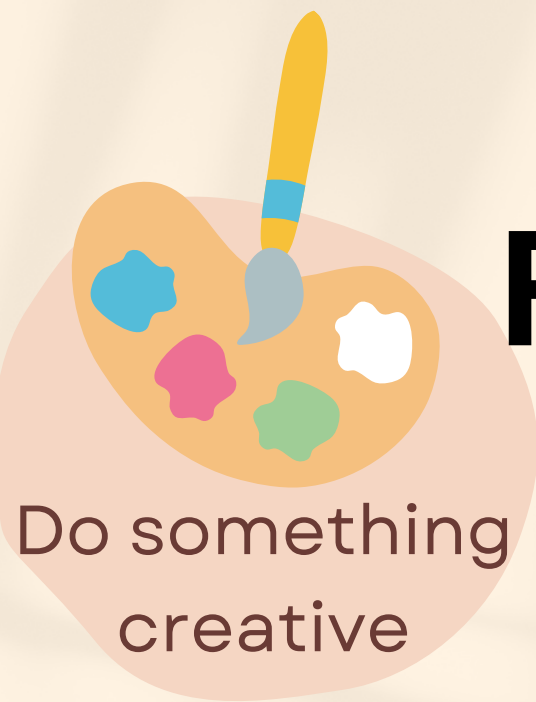


BACK TO SCHOOL YOUTH WELLNESS DAY YOUTH AGES 12-18



Get a good
night sleep



Friday September 5, 2025

9:30am-3:30pm @

House of Unity

Lunch and Snacks Provided



Self-Care

*“Almost everything will work again if you
unplug it for a few minutes...
including you.”*



Join us for a day of interactive and informative presentations focusing on wellness, along with information stands.

- Massage
- Nails
- Hair Stylist
- Card Readings (there will be a sign up sheet at the start of the day)
- Door Prizes! (I-Pad being the biggest one)
- **Please contact Rhonda Parks hss.coord@yuquot.ca for sign up**

