

# Women's Night Out

Slow Down, Relax, De-Stress

January 13, 2022 6:00pm - 8:00pm \$30.00

Ladies, we will learn some basic relaxation techniques to help us all have a better sense of well-being for the New Year. We will also make an aromatherapy bundle to take home. A healthy snack will be served.



To register email [info@friendsofbroomfield.org](mailto:info@friendsofbroomfield.org) or make a payment online