



Mother's Day -Self Care & Stress Management Event
May 13, 2021 3-5pm

AGENDA:

- **Welcome Speech (by Roxanne Munroe)**
- **Poem: "*Phenomenal Women*" by Maya Angelou (Read by Valarie J.)**
- **Mindfulness and Imagery with Lisa White (Music by Valarie J.)**
- **Self-Care with Ms. Cruz**
- **Treasure Hunt: Health Care & Health Food (Host by Valarie J.)**
- **Mom's Reflection Talk (Host by Gabrielle Moise)**
- **Trivia: Movies/TV Shows about Mom's (Host by Valarie J.)**
- **Raffle (Host by Roxanne Munroe)**
- **Music and Conclusion**