

eddie nash

FOUNDATION FOR FOSTER YOUTH

PASSPORTS TO SUCCESS

Presents

HEALTH AND FITNESS WORKSHOP

Saturday, Mar 16, 2019

10:00 AM - 3:00 PM

Villa Park City Hall

17855 Santiago Blvd.

Villa Park, CA 92861

This event is for Foster Youth age 13+ and is designed to assist students in understanding the importance of self care, nutrition, stress management and coping skills. Life can get busy, it can be stressful and tough to balance all the responsibility that comes with transitioning into adulthood. In the busyness of it all, it is essential for students to prioritize their total WELLNESS.

To register please visit our website at
www.eddienashfoundation.org/calendar

For more information email Events@Eddienashfoundation.org

Registration Deadline is March 14, 2019

