



Q HOUSE: SELF CARE DAY

05.27.2023

10:00 AM-3:30 PM

Self Care Activities



Physical Activities

- Yoga (Bring your Mat)
- Double Dutch
- Hula Hoop
- Tai Chi



Mind Activities

- Quiet Room
- Chess
- Puzzles
- Reading Room



Beauty Care (7.00 Fee for supplies)

- Men & Women

Creative Activities

- Craft Room

Healthy Snacks

(While Supplies Last)



Self Care Resource Room



Vendors from 1:30 pm to 3:30 pm

[Sign up Here](#)