



MOM & DAD'S MORNING OUT
TIME TO TAKE CARE OF YOU!

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9:30 am – 1:30 pm at the Just Be Centre
April 4, 11, 18, & 25; June 6, 13, 15, 20

Take one class at a time for \$99, or sign up for the remainder of the series for a prorated amount. Open to Mom's, Dad's, Caregivers, Non-Parents, and Empty-Nesters.

Register at <http://www.dranthonymattis.com/events--classes.html>
or pay at 9 am before class.

“As a single father of three kids for the past five years, I know how hard it is to give your own health and relaxation the attention they need when you're tending to others.”

Dr. Anthony Mattis, CFMW
Access Consciousness Facilitator
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