

SUMMER ^{of} WELLNESS

A series of free summer wellness workshops! Try something new and bring the family.



Program is bilingual.

Free childcare!

For ages 6-12 years old.



**RELAXING
ART-MAKING**



**REIKI, LIMPIA,
ENERGY CLEANSING
WITH MICOP**



**LITTLE PLANT
ACTIVITIES**

FREE!

**FRIDAY
SEPTEMBER 1
6:00PM TO 8:30PM**



Funding provided by Ventura County Behavioral Health, Mental Health Services Act



**OXNARD PERFORMING
ARTS CENTER** NON-PROFIT

800 HOBSON WAY | OXNARD, CA 93030