

JTNN's Weekday Wellness Series

FREE *Virtual* Events via Zoom

Mindfulness Mondays

5:30 pm

Register: <https://bit.ly/34xoZSc>

Turn It Up Tuesdays

Cardio Class 5:30 pm

Register: <https://bit.ly/34xoZSc>

Wellness Wednesdays

Yoga, Art and More

11 am—2 pm

Register: <https://bit.ly/3apMQ8k>

Touch It Up Thursdays

Gardening and Other Home

Tips 5:30 pm

Register: <https://bit.ly/34xoZSc>



For more information, visit www.jtnn.org



Participating agencies: Arts for All Nevada, Girls on the Run, Note-Able Music Therapy Services, Quest Counseling and Consulting, Shauna Ganes, Urban Lotus Project, Urban Roots.
Funded, in part, by the state of Nevada Division of Public and Behavioral Health.