

LIFE OF JOY FOUNDATION welcomes you to

# Life of Joy Day!

COME JOIN US

Spring #LOJRiseUp Campaign 

SATURDAY, JUNE 5  
1:00 - 3:30 PM  
LAKE WATERFORD PARK  
830 PASADENA ROAD  
PASADENA, MD

RSVP & SIGN UP FOR YOUR  
CHOICE ACTIVITIES!  
[HTTP://BIT.LY/LOJDAY](http://bit.ly/lojday)

FREE ADMISSION!  
FAMILY-FRIENDLY!  
ALL ARE WELCOME!

LET'S BUILD HOLISTIC  
MENTAL HEALTH TOGETHER.



Acoustic music by Life of Joy Band  
LOJ programs and mental health support table  
Singing bowls sound bath  
Yoga session led by Shannon B Yoga  
Zumba session with Instructor, Sherri Jolly  
Seed planting with Square Foot Gardening 4 U  
Scavenger hunt, kickball & bubble fun  
Chow food truck (Veteran-operated)  
Raffles, merch & more!

Generously  
sponsored by



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#buildyourjoy

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