



# Teen Social

May 2022

Saturday, MAY 21  
11-1PM  
Kinder Farm Park

## Theme:

Nature Walk & Yoga Stretch

## Featuring:



Join us on a 2.5-mile trail walk with a stretch of yoga and a light picnic lunch along the way! RSVP to receive the location pin for meetup point.



**RSVP:** By Noon FRIDAY 5/20

**Bring:** Your own water and a light picnic lunch.

**Questions?** Contact Kelsey at (443) 996-4406 or [youthprograms@lifeofjoyfoundation.org](mailto:youthprograms@lifeofjoyfoundation.org)

## About LOJ Teen Socials...

Fun, fellowship, and connection for teens (ages 13-18) who care about mental health. Monthly meetups to decompress, share life, and connect to broader resources and empowerment opportunities. Quarterly outings focused on mind, body, and spirit wellness (hiking, yoga, concerts, etc). Join our LOJ Teen Community!