



YMCA YOUTH & FAMILY SERVICES

# WORTHY OF WELLNESS

Join us for our second annual wellness self-care event, completely free and dedicated to honoring all teens aged 13-17! Celebrating the eight dimensions of wellness, including emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial. This day is focused on practicing self-care, bringing awareness to mental health, and connecting with others.



Friday, June 21, 2024  
2:00pm - 6:00pm



Jackie Robinson Family YMCA  
151 YMCA Way, San Diego, CA 92102

**REGISTER NOW!**



<https://bit.ly/ymcayfswow2024>

**FREE FOOD + GAMES + MINI WORKSHOPS + PRIZES**

For more information, contact Danali Le at [dle@ymcasd.org](mailto:dle@ymcasd.org)