



City of
**Mountain
View**

TEEN WELLNESS RETREAT

Saturday, September 20

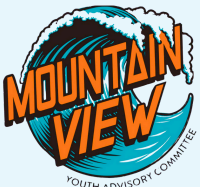
9:30 a.m. - 3 p.m.

Mountain View Community Center

Open to 9th - 12th graders

**THE
ULTIMATE
TEEN
RECHARGE!**

FREE EVENT!
Scan to register!



The Teen Wellness
Retreat is an
annual planned for
teens by teens!

YOUR TROPICAL ESCAPE TO WELL-BEING!



WORKSHOP SESSIONS

SELF-CARE HOUR

PHOTO BOOTH

KEYNOTE SPEAKER

HEALTHY LUNCH

RESOURCE FAIR

THERAPY DOGS

SWAG BAGS

KONA ICE

**LIVE MUSICAL
PERFORMANCE**

Get ready for an all-inclusive, action-packed day designed to help you reboot, recharge, and embrace your well-being. Enjoy inspiring workshops, a motivating keynote speaker, rejuvenating self-care activities, a vibrant resource fair, and the calming presence of therapy dogs. We'll even fuel your island adventure with a delicious lunch, ensuring you have everything you need for a day dedicated to you.

