

I ♥ 80's



Mental Health Awareness Month

WORKSHOPS AT THE LOPEZ ADOBE

Saturday ~ May 20, 2023

5:00 – 8:00pm

Dust off your best 80's & 90's outfit and join us for an evening of
FREE mental health activities at the Adobe!

**Beginner Friendly
Yoga Demo**

**Learn about Reiki,
Lava Stones &
Essential Oils**

**Visit the Adobe &
Rummage Sale**

