Moms to be pampered for a day in S. Tahoe

Barton Health’s third annual Mom’s Morning Out is May 3.

Women of all ages – mothers, grandmothers, daughters, and sisters – are may attend this free event. Yoga and fitness classes start at 8:15am. Coffee and brunch from Blue Angel Cafe will be served. Other complimentary activities include wellness booths put together by local businesses, health presentations, and a Zen room with acupuncture, facials, and massage services.

Wellness booths and pampering are from 9-11:30am.

Mom’s Morning Out will take place at Lake Tahoe Community College. The event is free and no reservation is required. All attendees must be at least 12.

For more info, call 530.543.5537.