

Moms Summer Retreat



Feeling a little bogged down in motherhood and need to press the pause button?
If so, you're not alone.

This retreat will guide you to rediscover who you are and want to become within
motherhood's beautiful yet complex world.
Learn how to fulfill your own needs *and* be a wonderful mom!

Date: June 24

Time: 10:00 am - 12:00 pm

Location; Kinstone, Fountain City, WI

Presented by Tina Smith, Owner of Ark Wellness LLC/Creator of Zombie-Moms.
Space is limited to the first 10 participants.
For details, pricing, and registration, visit
Zombie-Moms.com or call 715-572-5714

Note: A "mom" is defined as one who is the primary caregiver to others.