



# Unstoppable Joy Co.

HOPE IS STRONGER THAN FEAR

[www.unstoppablejoyco.org](http://www.unstoppablejoyco.org)



## Little Warrior Zen Time & Self Care Services



Unstoppable Joy



## **SELF CARE & ZEN TIME**

*We want little warriors and their caregivers to receive much needed self care services, a break if you will, from thinking about the everyday fight to Relax, Recharge, and Breathe.*

## **SELF CARE-1 SESSION PER MONTH**

- *Manicure/Pedicure*
- *Facials*
- *Hair/wig*
- *Chiropractic/Holistic care*
- *Boxing*
- *Classes/Fitness(sessions personalized for each warrior or caregiver)*
- *Storytime*

## **ZEN TIME**

### **BEGIN 1 SESSION PER MONTH**

- *Breathing Sessions with Jenny Lind*
- *Children or Family Yoga & Meditation with Berkleigh Diaz*
- *Sound Therapy with Chrissy Ehrhart*
- *Caregiver Support Group (in person or virtual) with Bethann McIntosh*
- *Create & Paint Session*