

Provider Appreciation Night

for family child care providers and preschool center staff

An evening of Self-Care, to celebrate YOU!

Friday, May 10

5:30 - 6:00 - check in & dinner

6:00 - 8:00 - Self-Care activities

First 5 Amador, Jackson

Dinner and Child Care provided

Please RSVP at 257-1092



Presented by...

**Jenny Upchurch, M.A. - yoga instructor, certified aromatherapist,
owner of Sage & Tansy**

- Friday, May 10 is National Child Care Provider Appreciation Day! “You can’t pour from an empty cup,” so to honor you and the important work that you do, please come and enjoy an evening of replenishment, pampering, and community.
- Explore fun and simple ways to make your self-care a priority... including guided meditation, yoga, make-n-take bath/foot soak, and partner hand massage.
- All ‘Quality for Kids’ participants will receive a **\$50 gift certificate to Ridge Road Garden Center AND \$50 to Discount School Supply**, as a token of our thanks and appreciation! *(If you’re not yet signed up for Q4K, you can sign up that night!)*