805 Connects Activity Reminder

Event: Stress Management Class w/ coach

This activity uses 3 authorized hours with 805 Connects

Date: April 23rd, 2026

Time: 4:15 PM - 7:15 PM

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

Description:

Join our stress management class to learn simple, effective ways to relax and take care of your mind and body. We'll explore techniques like deep breathing, mindfulness, and practical strategies for handling daily stress. This class is a calm, supportive space to help you feel more balanced, focused, and at ease. 🧘‍♀️💆‍♂️✨

How to Prepare:

There aren't any event specific details.

Pick up details for the day of the event:

- Pick-up time is 3:30pm-4:15pm
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.