

Grandma, How You Doing? - Community event celebrating & supporting grandmothers parenting school-aged youth

Brunch - Giveaways - Impact Sessions FREE for Disadvantaged Grandmothers Parenting Grandchildren



Grandma, How You Doing?

SATURDAY, APRIL 15TH | 11AM

L.A. Lee YMCA/Mizell Community Center
1409 Sistrunk Blvd
Fort Lauderdale, FL, 33311

food | entertainment | resources & information

Registration is open at
<https://bit.ly/Grandma415>

**Celebrating & Supporting
Grandmothers Parenting
School-Aged Youth**

CONTACT AND FOR MORE INFO

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www.SaveBroward.org



Fort Lauderdale, Florida Mar 24, 2023 ([IssueWire.com](https://www.issuewire.com)) - Save Broward, Inc. invites disadvantaged Grandmothers taking care of school-aged children to a festive brunch and community event that includes giveaways and interactive healthy living demonstrations. This free social affair - ***Grandma, How You Doing?*** - celebrates and supports grandmothers who are parenting their school-aged grandchildren and are disadvantaged because of financial shortfalls or other social determinants. Together with the L.A. Lee YMCA & Mizell Community Center and more community partners, Save Broward aims to give these beloved grandmothers access to educational and wellness resources that will reinforce day-to-day parenting and personal well-being.

Happening on Saturday, April 15th starting at 11 am: Grandmothers will enjoy a refreshing brunch and 15-minute empowerment presentations/sessions focused on:

- healthier eating - expert tips and taste tests
- daily mindfulness and mental self-care techniques
- hands-on relaxation therapy
- quick and easy tech tips to increase the efficient use of cell phones
- step-by-step guidance on accessing digital resources

Giveaways include gift packages filled with wellness products and resources. Registration is open at <https://bit.ly/Grandma415>.

Space is available for presentations and speakers!

Contact and more information:

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More information about Save Broward, Inc. is available at www.savebroward.org

Media Contact

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Source : Save Broward, Inc.

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