



FREE WEBINAR



Making Time For You: Self Care That Works for Moms



AUGUST 7TH
@ 12:00 PM PST

[REGISTER NOW](#)

STEPHANIE PEREZ
Head of Wellness

Learn realistic self-care strategies for busy moms. Learn how to prioritize your well-being, reduce stress, and create space for yourself—guilt-free.



www.weareganas.com



[@weareganas](https://www.instagram.com/weareganas)