



# NO EXCUSE MOM

Health starts at Home

**This is a FREE club! COME MEET OTHER MOMS AND GET FIT!**

## Who:

We are working & stay-at-home mothers who want to meet other mothers/caregivers, make lasting connections with one another and our children while getting in shape, since 2016. Anyone is welcome to join.

Learn more about our nonprofit organization at [Noexcusemom.com](http://Noexcusemom.com)



## WHERE & WHEN:

Times and Location change according to the season. To stay up to date on meet ups, join our Facebook / Instagram page or call

### June-Aug 2023- Schedule

Monday @ 8:30AM, walk  
Civic Center frisbee- golf parking

Wednesday @ 6:30pm, Low Impact  
-Jardin De Los Heroes Park



## What:

30 mins of working out, focusing on Strengthen, Cardio and Stretching!  
Bring a towel, mat, water, snacks, your stroller, dress comfortably and bring your children!

Coffee chats and moms night out too.



## Contact:

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Facebook Group:

[facebook.com/groups/noexcusemomuvaldetx](https://facebook.com/groups/noexcusemomuvaldetx)

Instagram: [uvaldetxnoexcusemom](https://instagram.com/uvaldetxnoexcusemom)