

THE LABORERS TRAINING SCHOOL



# Wellness DAY

BE WELL. STAY STRONG. BUILD TOGETHER.

A day dedicated to the health and well-being of women in construction.

## AGENDA

9:30 AM – 10:00 AM



### SOUND BATH MEDITATION SESSION

Relax, reset, and recharge.

10:00 AM – 12:00 PM



### EMOTIONAL RESILIENCY EXPERIENCE

An interactive session infused with music to build resilience and well-being.



DATE  
SATURDAY  
OCTOBER 17, 2026



LOCATION  
LTS AZUSA CAMPUS  
1385 W. Sierra Madre Avenue  
Azusa, CA 91702



ALL ARE WELCOME  
Self-care on us.  
Light lunch will be provided.

*You build. You inspire.*  
**LET'S THRIVE TOGETHER!**

