

VITALITY CAFE

Validity Cafes are an opportunity to share information and ideas to help us take care of ourselves, raise strong children, and build vitality within our community.

Home is Where the Vitality Is

Date: September 23, 2025

Time: 5:30 PM - 7:30 PM

Where: Mahaska County YMCA

1521 Green St, Oskaloosa, IA

At a Vitality Café you will:

- Make new friends
- Make your voice heard
- Explore your family's strengths and challenges
- Each participant will be provided approximately \$25 worth of concrete goods
- And so much more!



Scan Here

Register Here: <https://forms.gle/Fpof6pnbUEP6uBAn7>

Registration is required. A free meal will be provided.

Or contact: jgarrett@ahfa.org

Be sure to be punctual to enjoy the full café experience.

This is a FREE IN-PERSON Vitality Café. Childcare provided.

