



TO DO LIST

OCT 1

Mo Pink Benefit Concert-Weston Perry

Weston is Modesto's local famous alternative/southern/indie musician MoRo Music Garden @ Gallo Center 11th & I Street | 6-7 pm
Free Concert with Virtual tip jar to benefit HAVEN

OCT 1

Women's Mindfulness Meditation

Intrinsic Elements 1214 J St | 8am
Meditation class guided by Susie & Michelle

OCT 14

By Women, For Women: Women's Nutrition Demo

The Village Butcher 1700 McHenry Ave #65 | 6-8pm
Chef Sherise Miller & Owner Stacy Soderstrom host a cooking class focused on nutritional elements critical to women's health. Snacks + wine make this an educationally tasty evening!
Registration: thevillagebutcher209.com

OCT 15

CBD, Hemp & Women's Health with National Experts;

Felicity Chen, Dr. Najifa Choudhury & Sara Payan

Brick Room @ Greens on Tenth | 6-8pm
Demo and workshop with CBD & Hemp experts. This is a 21+ free event with infused mocktails and light fare provided
Registration: getmopink.com

OCT 20

Mindful Meditation presented by Vintage Faire Fit Body Boot Camp

10th Street Plaza | 5:30pm
Mental clarity and strength meditation. Led by Caroline from Vintage Faire FBBC. This is a free event *Participants encouraged to bring your own mat or blanket
Registration: getmopink.com

OCT 22

Making Strides Against Breast Cancer

MJC Campus 2201 Blue Gum Ave | 9:00am
Modesto's annual walk with proceeds benefitting breast cancer research and programs
Registration: makingstrideswalk.org/sanjoaquinvalley

OCT 27

Kick Up Your Heels Gala: Annual Fundraiser Benefiting HAVEN

The Century Downtown 927 10th St | 5:30-8:00pm
Fun evening celebrating 45 years of empowering survivors in our community with proceeds benefiting HAVEN
Registration: havenstan.org/kuyh

These events have been created specifically to focus on women's health and wellness. Clear your calendar to come learn, listen and love! Each event has opportunities to support programs important to women in need.



DEALS PAGE

Each business listed below has created a special deal that supports HAVEN where women in need can find shelter and support. Please share this with your friends and family using **#GETMOPINK**

Mocha Magic (209) 522-8955 | 920 16th St

Daily assorted 'Pink' bakery items available with proceeds benefiting HAVEN.

Modesto Board & Brush (209) 416-0086 | 3020 Floyd Ave suite 309

10/19 @ 6-9pm: Create your own masterpiece 'for a cause' in the workshop. Pre-registration is required.
boardandbrush.com/modesto - 20% of all registration proceeds benefit HAVEN.

Ohana Seafood (844) 696-4262 | 500 7th St Suite D

Daily Specials with a portion of proceeds benefiting HAVEN. Call ahead for daily special.

RE:Form Pilates - Special Women's Health Focused Classes (209) 968-7240 | 1211 J St

Every Saturday in October, 8:30am: classes designed to address conditions related to menopause, the pelvic floor, bladder issues, post-abdominal surgeries, and pelvic pain
Class fees, art sales, tank/tee purchases benefit HAVEN

Rodin Ranch Market - Drink Pink! (209) 577-3224 | 1001 J St

Raspberry Lavender Lemonades for Mo Pink benefiting HAVEN all month long

Rosé Bouquet and The Century (209) 300-7436 & (209) 451-2292 | 931 & 927 10th St

Yoga + Interactive Mindful exercise: 10/7, 14 & 21 @ 7pm - Bettering women's minds, bodies, & spirits through self-love @ Rosé Bouquet

MoLOVE Movement presents **Dirty Detox**: 10/29 @ 11am - Stretch & Shake. Yoga flow plus dance movements. Pre and post wellness shot supplied by The Pharmacy @ The Century

Sciabica Family Olive Oil (209) 577-5067 | 2150 Yosemite Blvd

20% of proceeds from olive oil skincare line go to HAVEN all month long

The Pharmacy (209) 422-6762 | 907 10th St

Mo Pink special beverage during October with portion of proceeds benefitting HAVEN

Village Butcher (209) 841-0109 | 1700 McHenry Ave #65

Daily Lunch Special through October - portion of proceeds go to HAVEN
Nutter Strawberry Milk sales benefit HAVEN

Village Yoga (209) 578-5441 | 1700 McHenry Ave # 66C

10/1: Ayurveda with 50% workshop proceeds benefiting HAVEN

10/8: Pop-up massage (1 hour massage in studio) with 50% workshop proceeds benefiting HAVEN

10/14: Yin Yoga class with 100% workshop proceeds benefiting HAVEN

10/19: Hypnotherapy/Yoga class with 50% workshop proceeds benefiting HAVEN

10/23: Sunday Sounds bowl and meditation class with 100% workshop proceeds benefiting HAVEN

Yogurt Mill (209) 523-0923 | Frozen yogurt truck sales benefit HAVEN

10/1 @ MoRo Music Garden Concert with Weston Perry

10/8 @ State Theatre showing of Hocus Pocus

State Theatre (209) 527-4697 | 1307 J St

Virtual Tip Jar benefitting Haven at the following shows: Linda Ronstadt Revival Concert, Hocus Pocus, Coraline, Fried Green Tomatoes, Glitter Coven Nightmare on J Street
statetheatre.org for showtimes and details

See all events and details at
GETMOPINK.COM



Modesto is celebrating women's health and supporting women's wellness issues in October with **MoPINK**. Local restaurants, theatres, fitness experts and retailers are participating with Visit Modesto through unique events and special offers. National experts are coming to Modesto presenting programs focused on the benefits of Hemp and CBD as alternative methods for well-being.

Visit Modesto has partnered with HAVEN, a local program supporting all survivors of domestic violence, sexual violence and human trafficking, as the beneficiary of proceeds from most of the offers and events listed. Our goal is to make sure October is a time for us to all be focusing on the many challenges that face women of all ages. Inside this guide you'll find listings of where to go, what to clear your calendar for and classes to attend...plus we're adding more listings daily at GetMoPink.com

HAVEN is a unique program that provides 24/7 services regardless of gender or gender identity, including adults and children. Learn more at HAVENStan.org or support HAVEN using the QR code below.

SCAN FOR MORE
ABOUT MOPINK



SCAN TO
SUPPORT HAVEN



MoPINK

A CELEBRATION OF WOMEN'S HEALTH AND WELLNESS

- VISIT FOR A CAUSE -
OCTOBER 2022



MoPINK is supported in part, by a grant from the City of Modesto's Pandemic Recovery Strategy "Modesto Forward", to support local recovery from the pandemic in its publicity, promotional materials.

