



10 Reasons Why Mom Comm is Important

- You get to bring a swimsuit!
- Self-care like this is super important and is proven to reduce anxiety and increase hormones that produce a healthy physiological and spiritual you
- You were created by God for relationship and will rub shoulders with moms just like you, in the same season of life
- You will get to dress up...no comment
- Time away from your kids makes you appreciate them
- Time away from your kids makes them appreciate YOU
- Hotels still have workout centers
- You will have uninterrupted time to walk and talk what the Lord
- You will sit under the teaching of and meet great speakers and teachers
- You get some time away, like you had before kids, to just let your hair down
- Mom Comm 2023 would not be the same without you