

# SD NIGHTS

## VIRTUAL VIP EVENT

**SOLVE A MYSTERY!**



**5 p.m., Friday, July 24**  
**Zoom Meeting**  
**Max. 20 registrants**  
**(Prerequisite to be completed)**

### **Schedule:**

- **Yoga**
- **Stress Management**
- **Virtual Escape Room**

Have you ever wanted to try an escape room? Now you can, virtually! This virtual escape room will bring you through a set of puzzles you must solve – and a storyline that’s supposed to be cracked within a certain time frame. You’ll improve fitness, physical health and focus through the required exercises, like yoga and proven stress management techniques. All you need is a laptop, an internet connection, and to register to reserve your spot.

SD Nights – short for San Diego/ Safe Destination Nights – is a FREE program developed by the County of San Diego Department of Parks and Recreation designed to provide teens, ages 10 – 18, with safe places to recreate after school, during critical hours.

For more information and to register:  
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