

Atlanta's "go-to" guide for health, beauty and happy living!

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# bestself

atlanta

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## THE ANNUAL MEN'S ISSUE

# 9 MEN MAKING A MARK

Uncover the health, fitness,  
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these compassionate go-getters p.39

## A Place for Play and Relaxation



Lee Bradshaw and Jon Johnson, former owners of Dog Days Atlanta, have created a haven in Buckhead for children.

Designed to be a kids' destination for active play and quiet calm, **OODAZU** offers climbing walls, virtual reality experiences, a yoga program for

infants to preteens led by fitness expert Elysse Killin, and more. The facility also features stylish youth apparel and accessories, plus a parent lounge with TVs and a live feed of the yoga room.

**Details:** 800 Miami Cir. NE., Atlanta; <https://oodazu.com>

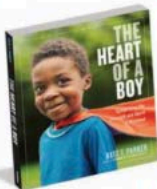
## The Doc Is In



Grab your stethoscope and enter the McStuffins Toy Hospital. **Doc McStuffins: The Exhibit**, running now through Sept. 8, allows children to act out the roles of a doctor in a backyard clinic playland inspired by the hit TV show. In the multipart exhibit, Doc and her friends also teach lessons about healthy habits, empathy, and nurturing.

**Details:** 275 Centennial Olympic Park Dr. NW., Atlanta; <https://childrensmuseumatlanta.org>

## Oh, Boy



In her latest book, Kate T. Parker, photographer and bestselling author of "Strong Is the New Pretty" makes boys the star of the show. **"The Heart of a Boy: Celebrating the Strength and Spirit of Boyhood"** positively redefines masculinity and empowers young men to embrace the truest versions

of themselves. In nearly 200 gripping photographs, the Atlanta resident praises the notion that there is not only one way to be a boy.

**Details:** <https://strongisthenewpretty.org>

## Slime Time

Experience Nickelodeon's iconic goo in real life, now through Sept. 1. At the **Slime City** pop-up in Buckhead, families have the chance to create their own sludge concoctions, burst bubbles in the Slime Bubble-Torium, and receive Nickelodeon's highest honor—being doused in its popular green ooze. There's even a slime-inspired playground that pays tribute to Centennial Olympic Park.



**Details:** 3330 Piedmont Rd. NE., Atlanta; [www.nickslimecity.com](http://www.nickslimecity.com)

## Star Student



Start the school year on the right track with the Terrific Teacher basket by **Lucy's Market**. Complete with bubble bath, a coffee mug (with slogans such as "I'm a teacher, what's your superpower?") and a sweet treat, your student is sure to be a star in his or her instructor's eyes.

**Details:** 56 E. Andrews Dr. NW., Atlanta; <https://lucysmarket.com>