



STRESS affects Nutrition, Emotions, Behaviors & more. Learning to fuel the body with the right nutrients is key to correct nutritional imbalances & overcome stress. Interested in learning about Meology/Personal Nutrition? Contact Miss Augusta / 908-938-0392

FREE Yoga & Sound Healing Classes in April

ALL are welcome to join & experience the wonderful benefits of Yoga that helps to reduce stress.

eZENTIAL WELLNESS / 1 Lamington Road, Branchburg

HONOR YOGA / 17 Reaville Avenue, Flemington

For yoga schedule/sign-up:

ezentialwellness.com | flemington.honoryoga.com

Lori@ezentialwellness.com | Christina@hyflemington.com

**Educating for a healthy tomorrow; one person, one family, one community at a time!
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