



MAY
IS MENTAL HEALTH
AWARENESS MONTH
#breakthestigma

F-R-E-E **YOGA**

ALL are welcome to take a *FREE* yoga class at the yoga studios below during the month of May



Benefits of Yoga

- **REDUCTION OF DEPRESSION**
- **BETTER QUALITY SLEEP**
- **PROMOTES WELL-BEING**
- **INCREASES HAPPINESS**
- **ENCOURAGES SELF-CARE**
- **IMPROVES CONCENTRATION**



**1958 Washington Valley Rd
 Martinsville, NJ**

eZential Wellness
 A place for harmony, healing and happiness

**1 Lamington Rd
 Branchburg, NJ**



**HONOR
 YOGA**

**17 Reaville Ave
 Flemington, NJ**

For Health resources please contact Augusta Santos @ 908-938-0392

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

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