

April is
**STRESS
AWARENESS
MONTH**

#StressAwarenessMonth



RELAX & TRY YOGA to DE-STRESS

John Santos Charitable Organization in
collaboration with Yoga Studios to
offer a **FREE** Yoga class in April.



All are welcome to attend
a class & learn how Yoga
helps to ease stress –

1 FREE class per person per studio



For class schedule/more info, please contact the studios below
or augusta@johnsantoscharitableorganization.org



Martinsville, NJ

eZential Wellness
A place for harmony, healing and happiness



Branchburg, NJ

honor
yoga

Flemington, NJ



Raritan, NJ

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