



NUTLEY FAMILY SERVICE BUREAU

Mindful Movement Workshop

Part II: NFSB Mental Well-being Workshops



Stress, fear and anxiety can be overwhelming, often settling in the body in the form of tightness, irritability and energy blocks. The focus of this 1-hour session includes yoga poses aimed at the release of tension associated with such stressors. Led by Melody Lima, certified yoga instructor.

No yoga experience is necessary. Come as you are.

When: Tuesday, October 22nd, 7pm to 8pm

Where: NFSB Annex, 169 Chestnut Street, Nutley, NJ 07110

Cost: FREE

Registration: Walk-ins welcome or call to register 973-667-1884.

Please bring a yoga mat or blanket to recline comfortably.