



NUTLEY FAMILY SERVICE BUREAU

The Gift Of Self Care Workshop

Part IV: NFSB Mental Well-being Workshops



This can be a stressful time of year for many of us. A few simple tools go a long way in avoiding the taxing, often overwhelming way of getting accomplished all that needs to be done. In this one-hour session, we will focus on meditating, moving a bit, add in some breathing techniques and some mantras too. Led by Melody Lima, certified yoga instructor, no yoga experience is necessary to participate. Please bring a yoga mat or blanket.

When: Tuesday, December 10th, 7:00 pm to 8:00 pm

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

Cost: FREE

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