



NUTLEY FAMILY SERVICE BUREAU

## Announcing The Fall Mental Well Being Workshops



Nutley Family Service Bureau is pleased to announce that our Fall 2020 Mental Well Being Workshop series is continuing virtually via Zoom (?). During this time of crisis, optimizing mental well being is especially important. The offerings focus on mind-body yoga, beneficial across the age range. The sessions are led by certified instructors who have expertise in the specific yoga being presented. No yoga experience is necessary to participate.

**When:** Wednesday, October 7<sup>th</sup>, November 4<sup>th</sup>, 2020 & December 3<sup>rd</sup>

**Where:** Link to virtual workshop will be emailed to participant and available on our website ( <https://www.nutleyfamily.org/resources/workshops/> )

**Cost: FREE**

**Registration:** Call to register 973-667-1884.