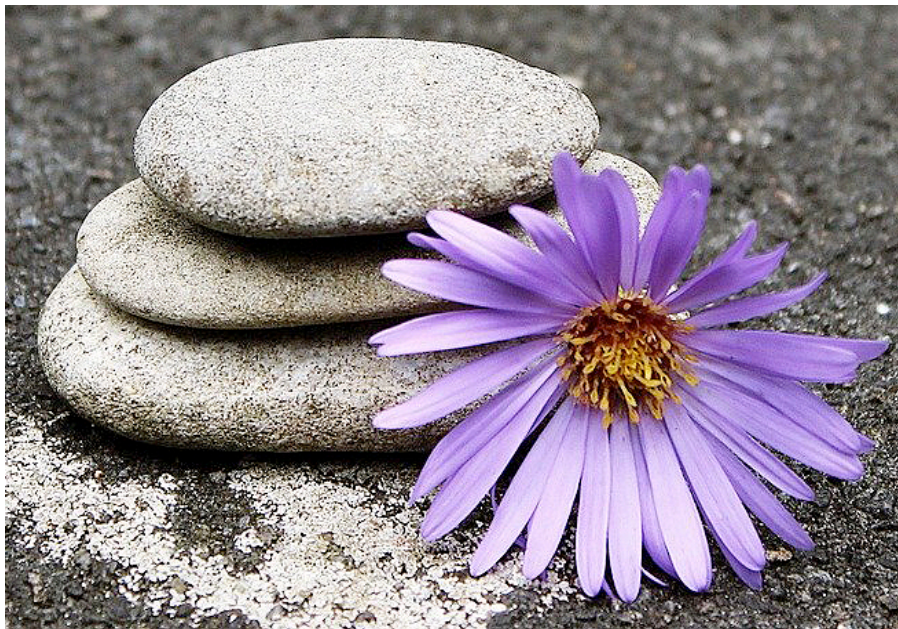




NUTLEY FAMILY SERVICE BUREAU

Announcing The Fall Mental Well Being Workshops (Presented Virtually)



Nutley Family Service Bureau is pleased to announce that our Fall 2020 Mental Well Being Workshop Serie is continuing as virtual sessions. 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 7th, November 4th & December 3rd, 2020

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, Ext 1.