



NUTLEY FAMILY SERVICE BUREAU

## Fall Mental Well Being Workshops Meditation & Movement

Presented Virtually | Instructed By Melody Lima



Melody will explore basic yoga poses and simple mediations to help release tension caused by daily stressors that can often settle in the body in the form of tightness, irritability and energy blocks. The Nutley Family Service Bureau Fall 2020 Mental Well Being Workshop Series are presented as virtual sessions. An access link will be emailed to registrants. No yoga experience is necessary to participate.

**When:** Wednesday, October 7<sup>th</sup>, 2020 | 7:00 pm to 8:00 pm

**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.