



NUTLEY FAMILY SERVICE BUREAU

Fall Mental Well Being Workshops Unlocking Potential Through Yoga

Presented Virtually | Instructed By Fernando Coelho



Fernando guides participants through postures of relaxation and release in order to facilitate awareness to higher potentials of self-fulfillment. Come learn about your body's natural ability to overcome adversity and to heal at all times in the face of obstacles. The NFSB 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, November 4th, 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.