



NUTLEY FAMILY SERVICE BUREAU

Fall Mental Well Being Workshops

NeuroMovement: Connecting Mind & Body

Presented Virtually | Instructed By Amy Celento



Amy will lead you through gentle yet powerful movements that engage your nervous system to relax and rejuvenate your mind and body, with a focus on improving breathing and inner balance, and reduced stress. Please plan to be seated on an armless chair and have a folded bath towel for movement use. Amy Celento is a certified Anat Baniel Method® NeuroMovement® Practitioner.

When: Wednesday, December 2nd, 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.