

# \*MAY IS MENTAL HEALTH MONTH\*

## YOGA & MEDITATION IN THE PARK FOR MENTAL WELLNESS



Join us to learn and experience basic **YOGA & MEDITATION** techniques to help release stress that helps with depression

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**MAY 8, 2021 - 10:30AM**  
{**RAINDATE: MAY 22 - 11:30AM**}

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**FRELINGHUYSEN PARK**  
*Sherman Avenue*  
*Raritan, NJ 08869*

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**\*PLEASE BRING A YOGA MAT/TOWEL\***

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**For questions/sign-up please call -or- email:**

[augusta@johnsantoscharitableorganization.org](mailto:augusta@johnsantoscharitableorganization.org) | 908-938-0392

[Lori@ezentialwellness.com](mailto:Lori@ezentialwellness.com) | 908-526-0002

All are welcome to this ***FREE***, fun, relaxing event sponsored by:



The João José 'John' Santos  
Charitable Organization

From STIGMA to EDUCATION  
'Bringing depression and suicide  
prevention into the spotlight'  
[www.johnsantoscharitableorganization.org](http://www.johnsantoscharitableorganization.org)

eZential Wellness  
A place for harmony, healing and happiness

