



**MAY**  
**IS MENTAL HEALTH**  
**AWARENESS MONTH**  
**#breakthestigma**

## **COMMUNITY YOGA CLASSES FOR BETTER MENTAL HEALTH**

**\* John Santos Charitable Organization in  
collaboration with eZential Wellness and  
Honor Yoga are offering **FREE** yoga classes  
during the month of May – All are invited!!**

**Classes in person at  
HONOR YOGA  
17 Reaville Avenue  
Flemington, NJ**

**Classes can be via zoom  
or in person at  
eZENTIAL WELLNESS  
1 Lamington Road  
Branchburg, NJ**



**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)**

**For class schedule/more info:**

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