

HOPE & WELLNESS

WHEN:

**Saturday, April 4, 2020
1:30PM – 4:30PM**

WHERE:

**Unitarian Universalist
Congregation of Somerset Hills
123 East Cliff Street, Somerville, NJ**

FREE WORKSHOP

**GUEST SPEAKERS DISCUSS RELEVANT
TOPICS AND SHARE INSIGHTS:**

- ✓ **Stress & Mental Health:**
Learn about local resources to help overcome stress and maintain your mental health.
- ✓ **Stress & Yoga/mindfulness:**
Learn yoga techniques and natural therapeutic methods to reduce stress & increase your energy.
- ✓ **Stress & Work:**
Unhappy at your current job? Learn about different employment opportunities including business ownership.

*All are invited ~
Refreshments included!*

REGISTER BY APRIL 1st!

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Sponsored By: The João José 'John' Santos Charitable Organization, eZential Wellness, Santronics Inc & Comprehensive Center for Psychotherapy