

September is Suicide Prevention AWARENESS Month

FEELING STRESSED OUT? TAKE SOME TIME FOR SELF-CARE AND JOIN A YOGA CLASS...

IN HONOR OF SUICIDE PREVENTION MONTH, JOHN SANTOS CHARITABLE ORGANIZATION IS COLLABORATING WITH eZENTIAL WELLNESS TO OFFER

FREE YOGA CLASSES



**For classes schedule/more info:
[Augusta@johnsantoscharitable
organization.org](mailto:Augusta@johnsantoscharitableorganization.org)**

908-938-0392



**The João José 'John' Santos
Charitable Organization**

From STIGMA to EDUCATION
*'Bringing depression and suicide
prevention into the spotlight'*
www.johnsantoscharitableorganization.org

**where: eZential Wellness
1 Lamington Rd.**

Branchburg, NJ 08876

***Classes can be virtually or
in person at the studio***

when: Month of September

eZential Wellness
A place for harmony, healing and happiness

