



YOGA FOR STRESS RELIEF

John Santos Charitable Organization is working with eZential Wellness to offer **FREE** Yoga classes in April.

****Classes can be via Zoom or in person at the studio
1 Lamington Road, Branchburg, NJ ****

All are welcome to join us & explore the Yoga approach to help reduce stress. Science tells us that Yoga also helps to reduce anxiety & prevent serious mental health issues.

To sign-up/more info:

augusta@johnsantoscharitableorganization.org

lori@ezentialwellness.com

eZential Wellness
A place for harmony, healing and happiness



The João José 'John' Santos
Charitable Organization

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