



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFE TOO HECTIC?



BEAT STRESS!

Tuesday Evenings 7:30pm–8:30pm
CIVIC HOUSE (MEMORIAL PARK, MAPLEWOOD)



- April 19th: **Mindfulness Meditation** by Jean Vitrano
- April 26th: **Tai Chi** by Sifu Richard Mullen
- May 3rd: **Vinyasa Yoga** by Stephen Hudson of Shakti Yoga
- May 10th: **Mindfulness Meditation** by Jean Vitrano

RSVP for any or all sessions by emailing: nostress@metroymcas.org

Brought to you by YMCA Togetherhood and our community partners:



Questions? Call our Welcome Center 973.762.4145