

**Intensive Family Support Services (IFSS) of Middlesex County**  
*in Collaboration with NAMI of Middlesex County*  
*Presents*

## **Gentle Yoga & Meditation**

Please join us for this relaxing wellness program on:

**Tuesday, December 19<sup>th</sup>, 2023**

**5:30 PM - 6:30 PM**

**VIRTUAL EVENT via ZOOM**



**Gentle Yoga**

**Breathing**

**Meditation**

**All in the Comfort of your Home**

Please join us for gentle yoga stretches, breathing, and meditation to help you relax and de-stress at this busy time of year! **Dr. Susan Gould Fogerite**, certified yoga teacher and long-time practitioner, will share strategies and practices to help you Relax, Release, and Recharge. Don't miss this opportunity for self-care!

**Register in advance for the December 19<sup>th</sup> event at:**

<https://rutgers.zoom.us/meeting/register/tJElcuigrD4tHtRoRxRIOou9x4MtRnzjz6q>

*After registering, you will receive a confirmation email containing information about joining. Please do not hesitate to reach IFSS at 732-235-5000, or NAMI Middlesex at 732-745-0709, if you have questions or need additional assistance.*