



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH & WELLNESS MAKEOVER

Dr. Chris Storti's Workshop Series

This 5-month interactive workshop supports you in making simple lifestyle changes and help you look and feels your best in 5 areas that most influence your health: Diet, Movement, Sleep, Purpose and Stress Management. Hosted by Katie Grace | Off the Mat Yoga and Jeanene Bono | Minding Your Soul.

Free chair massages during workshops!

> **Every 4th Wednesday**

12-1 p.m. | Starting April 25, 2018

Family Health & Wellness Center

166 Maple Avenue | Red Bank



For more information, contact 732.741.2504 or membership@cymca.org.

THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue
Red Bank, NJ 07701

P. 732.741.2504
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TheCommunityYMCA.org



Here for all.

Financial assistance is offered
based on availability of funds.