



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 19th, 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 19th event at:

<https://rutgers.zoom.us/meeting/register/tJElcuigrD4tHtRoRxRIOouu9x4MtRnzjz6q>

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.