

YOGA



Presented by the Camden County Board of Commissioners and the Addiction Awareness Task Force

Yoga can help people in recovery learn how to calm themselves without the use of alcohol or drugs, in addition to improving mental and physical health.

CAMDEN COUNTY DEPARTMENT
OF HEALTH AND HUMAN SERVICES
CAROL NORCROSS SENIOR SOCIAL WELLNESS CENTER
(DIPIERO BUILDING)
512 LAKELAND ROAD
BLACKWOOD NJ, 08012

— All classes will begin at 6pm —

August 10th • August 17th • August 24th
September 7th • September 14th • September 21st

INSTRUCTOR: JANICE PANCHELLA

Janice has been teaching yoga for four years.
She is a Registered Nurse and has a 200 hour yoga teacher certificate.

Class is open to participants of all skill levels. Registration required: <http://bit.ly/CCREALYoga>