

Stretching, Laughing, and Relaxing

with

YogaJen

Thursdays

@ 12 - 12:30PM



bit.ly/YogaJen



She'll bring you the sunshine and you'll leave in bliss.



“You’ll fall in love with Jen the minute you meet her.”

Jen Shulman, or YogaJen, as she’s known in northern NJ, has been teaching yoga since February of 2002, long before it reached the mass appeal it now enjoys.

Namaste.



bit.ly/HopeforHealthCC



The New Jersey Department of Health (NJ DOH) was awarded the CDC NJ COVID Disparities Grant to promote resilience and sustainability of the NJ DOH public health workforce as a result of the pandemic. DOH has awarded NJDHS funding for the Hope for Health project.



Mental Health Association in New Jersey, Inc.