



Practicing
mindfulness
outdoors is
restorative for
our bodies
and emotions

MINDFULNESS WALK

MONDAYS 4:00 - 5:00 PM



WALK ROUTE BEGINS AND ENDS

61 Spring St., Newton, NJ
(Municipal Lot #3)



\$5 gift card for participation
Weekly registration required
Rain or shine



Contact Linda@centerforprevention.org
or 908-747-1160 to register

