

Move to Heal

Move Your Body, Free Your Mind

Thursday
October 24th, 2024

5:30 PM - 6:30 PM

Riletta L. Cream Library
852 Ferry Ave, Camden, NJ 08104

FREE
GIVEAWAY!

Join us for a workshop series that combines movement, mindfulness, and education to support your mental health and fitness journey.

Guided Movement: Explore resistance training, yoga, dance, Zumba, and more.

Mental Wellness: Learn how movement positively impacts your mental health.

Register
Now



For more information:
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