

THE MAGIC OF MINDFULNESS



When & Where?



Thursday, October 17th, 2024
4pm-5pm



Clementon Family Success Center
180 White Horse Pike,
Clementon, NJ 08021

Learn How To:

- ✓ Develop a positive and empowering relationship with yourself
- ✓ Identify and explore ways to incorporate mindfulness into everyday activities
- ✓ Find new ways to prioritize your mental health and well-being

**Free
Giveaway!**



REGISTER HERE



For more information:

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