

Taste of Wellness

A Sampling of Ways to Feel Good



All seniors are invited to this FREE program!

Thursday, October 14

9:30 am-Noon *

*please plan to attend the whole program

hosted at Congregation Agudath Israel

20 Academy Road, Caldwell, NJ

Featuring:

- Chair Yoga with Rev. Anthony Randazzo
- Guided Meditation with Karen Frank, RN
- A sampling of other methods for wholeness in mind, body, and spirit

Please RSVP to Caldwell LIVE: 973-403-0972

This program is brought to you by:

Caldwell LIVE

Lifelong Involvement for Vital Elders