



FRANKLIN LAKES

Living Healthy Journey

Commit to Wellness from Home

Franklin Lakes Mayors Wellness Campaign

Virtual Challenge "Living Healthy Journey"

Calm Your Anxiety Learn Specific Strategies to Take Control of your Anxiety

Saturday, March 20th - 9:00 am

Yoga 101 "A Beginners' Guide to Starting A Journey with Yoga

Saturday, March 27th - 9:00 am intro to Yoga webinar

Saturday April 3rd, 10th, 17th, & 24th virtual Yoga Class - 9:00 am

Many Modes of Meditation Saturday May 1st intro to Meditation Webinar

TO REGISTER: EMAIL WELLNESS@FRANKLINLAKES.ORG

\$25 CHECK PAYABLE TO BOROUGH OF FRANKLIN LAKES, MEMO: MWC

Mail to Mayors Wellness Campaign

1 Vichiconti Way

Franklin Lakes, NJ 07417

**ALL REGISTERED PARTICIPANTS RECEIVE A
"LIVING HEALTHY JOURNAL"**

BELIEVE YOU CAN AND YOU WILL



**Click here for
waiver**



Click here for registration form

