



May
**Mental Health
Awareness Month**

Join us at Raritan's historic Nevius Bridge for **FREE** YOGA. All are welcome to participate & learn simple YOGA to help reduce depression & promote a healthy well-being.



Saturday
May 11, 2024
(rain date:
Sat, May 18
10:30am

Nevius Street Bridge
Raritan, NJ 08869

Walk-ins are welcome! If you would like to sign up, please email: augusta@johnsantoscharitableorganization.org

Loring@freedom-Yoga-Studio.com

Please bring a yoga mat/towel & dress weather appropriate



**The João José 'John' Santos
Charitable Organization**

From STIGMA to EDUCATION
*'Bringing depression and suicide
prevention into the spotlight'*
www.johnsantoscharitableorganization.org