

FREE Mind Body Health Fair For Seniors



**JOIN US AT THE BRIDGEWATER SENIOR
CENTER FOR STRESS REDUCTION, HEALTHY
COOKING DEMO AND TASTING, MINDFULNESS,
BALANCE EXERCISES, REIKI, MASSAGE, YOGA,
MUSIC THERAPY AND MORE.**

***A MAYOR'S WELLNESS INITIATIVE*
FRIDAY, OCTOBER 26TH
11:00AM – 1:00 PM
BRIDGEWATER SENIOR CENTER
455 SOMERVILLE ROAD**

**REGISTRATION REQUIRED. PLEASE CALL
DONNA LANGEL AT
908-575-8021 TO REGISTER.**

