



A Health, Wellness and Healing Center

in cooperation with Jewish Family and Vocational Services of Middlesex County

cordially invites you to

An Evening of Workshops & Wellness

★ Back Up, Rewind, & Settle Your Soul ★

Activities for Adults, Teens, Children, and Seniors featuring:

- **Bread Making** with Professor Bread
- **Yoga** with Martin Bland
- **Art Programs**
- **Massage**
- **Meditation** with Rabbi Gil Steinlauf
- **Chocolate Therapy** with Le Chocolat

date: Wednesday June 7, 2006

time: 4 pm to 8 pm

place: *The Living Room* at JFS

1485 Teaneck Road

Teaneck, NJ 07666 (directions on reverse)

- ***free of charge***
- ***advance registration required***
- ***refreshments & a light supper; dietary laws observed***

Please let us know you're coming –
call Laura at 201-837-9090 or send us an e-mail at

thelivingroom@jfsbergen.org



Helping Hands from the Heart of the Community