

SUSSEX COUNTY RECOVERY COMMUNITY CENTER

# Rhythm & Soul

## HEALING NATURE WALK

Saturday, November 5 • 1:00 - 3:00 PM



@sussexcountyrecovery



**BRING YOUR PERCUSSION INSTRUMENT AND JOIN  
US AS WE JOURNEY INTO AUTUMN TO A  
DESTINATION FOR A 15-MINUTE MEDITATION**

Meet at the Center for Prevention & Counseling  
61 Spring St. Newton, NJ • Municipal Parking Lot #3

**This is a SHINE-ONLY event. Please contact  
jim@centerforprevention.org or call 973- 940-2966 to register**