



PRACTICING MINDFULNESS OUTDOORS IS
RESTORATIVE FOR OUR BODY AND EMOTIONS

MINDFULNESS

WALK

MONDAYS IN APRIL
4:00 - 5:00 PM



Walk route starts at the Center for Prevention & Counseling
61 Spring St. Newton, NJ • Rear entrance - Municipal Lot #3

DETAILS

- ✓ Open to the Recovery Community
- ✓ Meets at Municipal Lot #3 Newton
- ✓ \$5 gift card for attendance
- ✓ Transportation available
- ✓ Weekly registration required
- ✓ Rain or shine

Registration Contact
Linda@centerforprevention.org
973-383-2497

 @sussexcountyrecovery