DEBUNKING STRESS & PAIN

FOR OLDER ADULTS, 55+

Kerri-Kerr Apito from K&P Holistic Health and Fitness will teach mindfulness techniques to reduce stress and chronic pain.

A COMPLIMENTARY LUNCH IS SERVED & WELLNESS ITEMS ARE GIFTED

October 13, 2021
12pm - 2pm
Lamp Post Inn
1601 County Road 565,
Sussex, NJ 07561

REGISTRATION IS REQUIRED

Contact Natasha:
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(908) 747-1144

THE CENTER
FOR PREVENTION & COUNSELING

K&P Holistic Health & Fitness