



**Yoga & Mindfulness for Mental Health
With Nina Cerviatti**



"In our busy and stressful lives it can be difficult to find the time that we need to unwind and relax. Not taking time for yourself can lead to stress related health problems. I offer easy ways for you to carry Mindfulness and peace throughout your life. This translates into overall wellbeing." Nina

- Join Nina for this interactive workshop and learn how slowing down and taking a deep breath can improve your mental health and overall well being!
- All experience levels are welcome!

When

June 20, 10:00 – 11:30 a.m.

Where

Worcester Public Library
Banx Room - Main Library
3 Salem St, Worcester, MA 01608

RSVP

info@ppal.net
(please specify which program in RSVP)
or 617-542-7860 x204

Register now!
Seating is Limited