



*The Progressive Center for Independent Living  
and  
The Community Connections Recreation Program Present:*



# *Natural Ways to Prevention & Wellness*

*An Interactive Workshop Conducted by Beverly Burns,  
Prevention Education Director at Advancing Opportunities*



*Thursday April 19th from 6:00 PM to 7:30 PM  
at*

*The Hamilton Public Library  
1 Justice A. Alito Jr. Way  
Hamilton, NJ 08619  
Meeting Rooms 1 & 2*

*Please join us for a fun, entertaining, and educational experience!  
Learn about natural skills and techniques for increasing happiness,  
coping with stress, and promoting well-being.*

*Experience the positive effects of laughter yoga, music, and other methods of  
lowering stress levels, staying healthy, and naturally increasing endorphins.*

*This event is free however space is limited.*

*Please contact Reed Thomas at (609)-581-4500 - [reed.thomas@pcil.org](mailto:reed.thomas@pcil.org)  
no later than Tuesday April 17th to reserve your spot.*