



JOIN OUR MIND & BODY PROGRAMS **TODAY!**

Our Mind and Body programs have shown to help members learn new ways to manage stress, improve their physical abilities and help reduce the impact from cancer-related treatment side effects.

Mind & Body Virtual Programs Schedule

*Subject to change

Wellness Workouts

Monday Evenings | 6:00pm - 7:00pm

Balance, Harmony Flow: Jin Shin Jyutsu

2nd & 4th Tuesdays | 9:30am - 10:30am

Peaceful Practices

Tuesday Mornings | 11:00am - 12:00pm

T'ai Chi Chih

Tuesday Afternoons | 12:30pm - 1:30pm

Yoga

Tuesday Evenings | 6:30pm - 7:30pm

Yoga, Breathe, and Balance

Wednesday Mornings | 9:30am - 10:30am

Move and Tone

Thursday Mornings | 9:00am - 10:00am

Mind & Body In Person Programs Schedule

*Subject to change

Reiki

2nd & 4th Wednesdays | 4:30pm - 6:00pm

Bridgewater Library Meeting Room C

1 Vogt Drive, Bridgewater, NJ 08807

LaBlast

2nd & 4th Mondays | 10:30am - 11:30am

Pluckemin Presbyterian Church (Trinity Room)

279 US-202 Pluckemin, NJ 07978

*"Being a caregiver has two parts: Human **Doing** and Human **Being**. Crossroads4Hope's support, insights and programming heled me to do both and kept me **physically** and **emotionally healthy**."*

Jeanne Guarnieri, Caregiver &
CR4H Member