



**Strengthen your body, mind and
community with yoga**

OUTDOORS WITH OFFICERS

Camden residents & police officers
welcome for a free all-level yoga flow
strengthening our minds & body in a
beautiful outdoor space

Hosted by NJCF and PLW to enhance
your stress management, mental health
and mindfulness.

Gatway Park: 2798 Admiral Wilson Blvd. Pennsauken
Township, NJ 08109

All sessions start @ 6pm

April 6, 2023

April 13, 2023

April 20, 2023

April 27, 2023

For more information contact jalisa.hernandez@njconservation.org