

Mayor Michael Dachisen and the Rockaway Township Council are pleased
to present a Rockaway Township Division of Health program

Healthy Living: Mindfulness

Featuring Louise Umberto, RN

October 19, 6:30 – 7:45 pm
Rockaway Township Library
61 Mount Hope Road, Rockaway

Strategies to overcome stress,
helping you become your best self

Dedicated to helping individuals experience a
life filled with health, purpose and peace

Evidence shows mindfulness practice leads to:

- Reduction of stress & emotional reactivity
- Improved memory & focus
- Improved relationship satisfaction
- Improved immune function

To register, please call the
Rockaway Township
Division of Health at
973-983-2848