

Secaucus Public Library
1379 Paterson Plank Road



Life off the Yoga Mat



Thursday, April 30th
7:00 pm
Panasonic Room

Join Jill Rodriguez, Integrative Nutrition Health Coach, E-RYT certified Vinyasa and Yin Yoga Instructor as she discusses what to do once we “step off our yoga mats”. She will address specific actions to take including: Clean eating for every day, how to schedule your days and nights in Spring months and self care. Attendees will also be provided with healthy and tasty meal recipes to jump start your success.

Please register at secaucuslibrary.org