

Original



The New Jersey National Guard

March 21, 2022



**NJDMAVA
&
NJ Women's Commission**



In conjunction with Women's History Month
"Providing Healing, Promoting Hope"

Hosts

Women Fitness Day

When: Wednesday, March 23, 2022

Time: 1400-1600



Where: Bordentown Armory
1048 US-206 South
Bordentown, NJ 08505



<https://signup.com/go/bGTguBs>



POC: Tanya Gauthier
tanya.gauthier@dmava.nj.gov
609-530-7051

****Bring a towel
Bring a yoga mat if possible

Trainers:
Air Force Spouse, Erica Rodriguez-Jenkins (left)
-LCSW/Yoga Instructor
Navy Veteran, Monique Lindsay (right)
-Personal Trainer/F45 Coach/Mentor

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The New Jersey National Guard

Public

What's on your mind, The New Jersey National Guard?





The New Jersey National Guard

Public

The original post may be viewed at
<https://nj.gov/military/history/archives/njng-social-media>

Current View