



Yoga

Build strength and flexibility in this beginner yoga class with one of our experienced yoga instructors, Micheline DeBono.

Eligible members participating in NJWELL earn 25 points for attending the webinar. Just report your attendance in the Physically Fit category.

Please talk to your doctor before beginning an exercise program.

Yoga
Tuesday, April 18
5:30 p.m. - 6:30 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

