



Shaklee HEALTHPRINT  
Start the foundation for your  
longer, healthier life.

eZential Wellness  
A place for harmony, healing and happiness



The João José 'John' Santos  
Charitable Organization  
A N.J. non-profit corporation

*'Bringing depression and suicide  
prevention into the spotlight'*  
[www.thejohncharitable.org](http://www.thejohncharitable.org)

# HOPE & WELLNESS WORKSHOP

~Building STRONGER/HEALTHIER Communities~

**Saturday, July 7<sup>th</sup>**  
**1:30-4:30 pm**

1 Lamington Rd, Branchburg NJ (Rt 28 & Lamington Rd)  
**Workshop is FREE! Bring a FRIEND!**

- Feeling Stressed, Anxious, Depressed?
- Taking medication without feeling better?
- Thinking about Natural Treatments to heal?

If yes, then this workshop is calling you! In this hope & wellness forum, you will connect with community, and discover beneficial resources. Learn the following from several inspiring guest speakers:

- Fun, natural healing methods to help alleviate & heal stress, anxiety, depression
- Experience the benefits of Yoga, Reiki, & Mindfulness
- Discover therapeutic practices to calm your mind, boost happiness, and reduce pain
- Learn how nutritional imbalances can affect your mental wellness
- See a variety of natural supplements that can help you on your path healing and feeling like yourself again
- Hear the real stories of those affected by mental health and what they do to feel better

**PRE-REGISTRATION REQUIRED!**

**REGISTER AT: [eZentialWellness.com](http://eZentialWellness.com) or Call Augusta Santos 908-938-0392**

**Light Refreshments Will Be Served!**

Sponsored By: The Joao Jose 'John' Santos Charitable Organization,  
eZential Wellness, Shaklee, Anchored Minds & Bodies, & Elio Arrechea, PhD