

Yoga-Thon

Relax before the stress of the holidays with Yoga

Put good Karma into the universe by supporting the Franklin Township Food Bank.

Sunday, November 16th

12:00 until 3:00

Elizabeth Avenue Fire House

Two Wiley Drive | Somerset, NJ 08873

Brought to you by

Cheryl Nogan

Transcendent Yoga

Register before November 1st: \$20/first hour and \$15/each additional hour

After November 1st: \$25/first hour and \$20/each additional hour

Please wear comfortable, loose clothing & bring a mat.

Light refreshments will be served.

Please make your check payable to Franklin Township Food Bank and mail to
Franklin Township Food Bank | PO Box 333 | Somerset, NJ 08875-0333
please include your name, phone number & email when registering

OR Register Online at www.FranklinFoodBank.org
please include your name, email, phone number & Yoga when registering

Questions? Please call Nancy at 732.246.0009 or email nlacorte@ftfb.us