



**LAKELAND HILLS FAMILY YMCA
PRESENTS FREE COMMUNITY**

HEALTHY LIVING SERIES

Healthy Living Movement classes and lectures to help you discover how to live well and equip you with the tools needed to improve your life.

Thursday, November 10: Total Mobility

Healthy Living Director Darlene Kievit. This type of movement focuses on taking our joints through their full range of motion. Dress in comfortable clothes.

Monday, November 14: Case Against Sugar

Health Coach Mary Ellen Zung will discuss the volume of sugar in our food and how it influences avoidable diseases in our bodies. She will guide you in making better decisions in food choices.

Thursday, November 17: Nervous System Regulation -

Integrative Yoga health coach Ivette Desai. Learn how to manage stress/anxiety using nervous system regulation tools such as rhythmic breathing and meditation

All classes take place from 6:00-7:00 pm and are FREE and OPEN TO THE COMMUNITY.

Lakeland Hills Family YMCA
100 Fanny Road
Mountain Lakes, NJ 07046

