

Fundraiser for NJSPCA

Take Five & Revive!

Women's History Celebration
"Our History is Our Strength"

Friday, March 25th 2011



Seminar Objectives

- Use this midday break to re-charge your mental batteries
- Review some helpful stress busting strategies that fit into daily life
- Identify triggers and symptoms of stress and their effect on your health
- Learn how to change your perception of stress
- Become proactive vs. reactive in your life
- Recognize how stress negatively effects your food choices
- Resolve to improve your eating habits during stressful times
- Take charge with relaxation, positive thinking, and taking time out

Contact Information

Contact Gail Farrer 973-565-8000 for questions about the event.

Contact Tiffiny Twardowsky info@einmotion.com for questions about the fundraiser.

Details

Date: Friday, March 25th 2011

Time: 10:30 am - 11:15 am

Place: Jetairways Business Lounge
Newark Liberty International Airport
Terminal B International Arrivals

Fee: **A tax deductible donation in any amount to NJSPCA.** This class is offered through Energy in Motion LLC and Happy Tails Yoga. All proceeds benefit NJSPCA.

Sponsors



Energy in Motion LLC provides on-site fitness and wellness services for corporate and private clients, allowing busy people to take a proactive approach to health, fitness and stress management. Private, group and workplace wellness programs include yoga, pilates, group exercise classes, personal training and wellness seminars.

Happy Tails Yoga: A Cause for Paws is a fundraising event for The New Jersey Society for the Prevention of Cruelty to Animals (NJSPCA), uniting yoga teachers and students in the battle to stop animal cruelty and neglect. Happy Tails Yoga offers donation-only based yoga classes and seminars throughout NJ.