

WORKSHOP



Diet, exercise, mental health, environment and genetics all play a part in our overall physical and mental health.

Staying Healthy with the Seasons

SATURDAY, SEPT. 27TH

3:00–4:30PM

This Workshop will provide holistic healing information relevant to the Autumn season. It's a 4-part series that will explore eastern and western medicine philosophy, diet and exercise theory that is correlated with each of the seasons. Registration required.

Led by Louise Bernardon, Physician's Assistant and Experienced Registered Yoga Teacher.



The Connection
for women & families

FREE

VIVA FLAMENCO!

DANCE WORKSHOP

WITH ANTONIA MESSINA
AND LIVE ACCOMPANIMENT BY GUITARIST IVAN MAX



SUNDAY,

SEPT. 28TH

2:00-4:30PM

FREE!

If you've heard the music and love the passion, come learn the basics of Flamenco! By focusing on rhythm, footwork, and arm movements, students will grasp Flamenco fundamentals in addition to learning two short choreographies (rhumba, and 'copla' of sevillanas), all accompanied by live guitar. Wear comfortable clothes and shoes with sturdy heels that strap or tie on. Long skirt optional. Regular street shoes for men.

Registration required.



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Funding has been made possible in part by the New Jersey State Council on the Arts, Department of State, a partner agency of the National Endowment for the Arts, through a grant administered by the Union County Office of Cultural and Heritage Affairs.