



**West Bergen
Mental Healthcare**
Where Health Comes to Mind

& AOM
Dance Theatre

West Bergen Mental Healthcare and Art of Motion Inc. invite you for an afternoon of:

Healthy Body/Healthy Mind...A better you!

Tips on dealing with a change when life throws a curveball

Tuesday, October 10, 2017

12 ~ 2 p.m.

A light Farm to Table lunch will be provided by:



Cost \$50 per person

Art of Motion Studio ~ 17 Chestnut Street 2nd Floor, Ridgewood*

Presentations by:

West Bergen Mental Healthcare ~ will share tips for a healthy mind and body wellness

Nikki Manx, Choreographer will share her personal journey of healing

Lynn Needle, Founder Artistic Director ~ Art of Motion will speak about the positive effects of dance as a therapeutic exercise.

Proceeds will benefit:

Art of Motion, Inc. a non-profit educational and cultural organization dedicated to teaching and presenting dance, theatre, vocal music, body conditioning, and literary and visual art projects. artofmotion.org

West Bergen Mental Healthcare a non profit counseling center serving the community for more than 50 years. Through comprehensive treatment and supportive services, we respond to the needs of our clients and the communities we serve. westbergen.org

Register online @ westbergen.org

Questions, contact Lynn at 201-652-5800 - artofmotioninc@gmail.com or Chrissie 201-444-3550 clijoi@westbergen.org

**This venue is not handicap accessible. For more info, please use the contact info above.*