



ENERGÍA QUE SANA

**WEDNESDAY - 4:45 PM
RICHARD HALL CHWC
500 N BRIDGE ST
BRIDGEWATER NJ, 08807**

A space for emotional well-being where we will explore different ways to reconnect with our inner selves, our vital energy, and our cultural roots.



What can you expect from the group?



- **We will use music as a tool for healing, expression, and connection.**
- **Traditional dances, light movement, stretching and breathing exercises.**
- **Creative expression through arts and crafts activities.**

**For more information, contact
Karina 908-253-3148 /
Stephanie 908-253- 3149**

