BENTLEY COMMONS
AT PARAGON VILLAGE

A Premier Senior Living Community

HAUNTINGLY HEALTHY



WEDNESDAY OCTOBER 21ST 2:00PM - 3:30PM

COME DISCOVER PRACTICAL AND HOLISTIC TIPS FOR WELLNESS – GUIDED BY KARA FRAGALE, BOARD-CERTIFIED HOLISTIC NUTRITIONIST FROM "KARA-BOUT YOUR BODY," AND MATT KESTER, CLINICAL DIRECTOR FROM IVY REHAB IN HACKETTSTOWN, THIS UNIQUE EVENT WILL EXPLORE NOURISHING FOODS, HERBAL WISDOM, MINDFUL PRACTICES, AND SIMPLE WAYS TO REDUCE STRESS AND FEEL YOUR BEST.

425 Route 46 East Hackettstown NJ

RSVP to Maggie Schaffer at 908-498-0103 or email mschaffer@paragonvillage.com

Spooky sips & bewitching bites will be served!