



# NATURE NUTURES STRESS RELIEF



Join NJ4S and Tenafly Nature Center to reconnect with yourself through nature and learn how to relieve stress in this **FREE** family-friendly event:

- Explore the **8 Dimensions of Wellness**
- Enjoy a **guided meditation**
- Create **seed balls to feed butterflies**
- Take a **peaceful guided nature walk.**



Where and When  
**Tenafly Nature Center**  
**313 Hudson Ave,**  
**Tenafly, NJ 07670**  
**Friday, June 26th**  
**5-7 PM**

SCAN TO  
REGISTER!!!



Our Coalition of Providers:



Program funded by  
the Department of  
Children and Families



[info@nj4sbergen.org](mailto:info@nj4sbergen.org)



[www.nj4sbergenhub.org](http://www.nj4sbergenhub.org)



201-225-8849



@nj4s\_bergen