



# Manalapan Senior Center

## RECONNECT & RECHARGE



Find Your Balance, Mind & Soul

- Meditation Session
- Breath Workshop
- Sound Healing



**Tuesday, July 15, 2025 at 11:00 am**

Manalapan Community Center  
114 Rt 33 West, Manalapan, NJ 07726

Space is limited. Registration required.  
RSVP by July 8.

Register in person or call 732-446-8401



Caregiver  
Volunteers  
of Central  
Jersey

