



# Move with the Mayor!

*Join Mayor Gayle Brill Mittler for a **FREE** Stretch/Yoga Class*

- After class, chat with a Healthcare Professional
  - Every Monday 12:00 – 12:50pm  
(followed by 10 min health talk)
- Register at 732-317-8931 or [info@kineticsnj.com](mailto:info@kineticsnj.com)  
(walk-ins welcome)

**Kinetics Flow**  
409 Raritan Avenue  
Highland Park