

# Hanson Park Conservancy Presents: Finding Peace in a Hectic World

in collaboration with the  
6th Annual Municipal Alliance family weekend events



Saturday, May 18, 2019

2:00-3:00 pm Yoga for Families

3:00-4:00 pm Mindfulness Techniques

Developed for parents & children, these guided programs

will be outside in Hanson Park

38 Springfield Ave, Cranford, New Jersey

(at the community center if inclement weather)

[HansonParkConservancy.com](http://HansonParkConservancy.com)

[YogaToGoNJ.com](http://YogaToGoNJ.com)

908-986-6068