



FOR IMMEDIATE RELEASE

Wednesday, Feb. 15, 2023

Wildwood Crest to host to host Cultivating Presence Wellness Workshop March 4

The Wildwood Crest Recreation Department's Mayor's Wellness Campaign will host a "Cultivating Presence Wellness Workshop" on Saturday, March 4, at 11 a.m. at the Crest Pier Recreation Center.

This free wellness workshop will focus on breath awareness, mindful yoga movement and creative expression. The event will be hosted by Lacey Bingham, a fitness instructor and Breath For Change educator.

Attendees should bring water, a yoga mat and notepad for journaling. Mats will be provided if needed. No pre-registration is necessary.

For more information, contact the Wildwood Crest Recreation Department at 609-523-0202.

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