



Princeton Center
for Yoga & Health

www.PrincetonYoga.com

July/August Community Classes

Donations go to



enable

Inspired Care. New Possibilities.

Established in 1989, Enable, Inc. is a nonprofit organization that provides services, resources and support for adults with intellectual, developmental and physical disabilities, including individuals with Autism Spectrum Disorder (ASD) throughout Central NJ. From in-home services and supports, to day programs and living arrangements, we ensure that our consumers are living full and productive lives with dignity and respect. By creating an environment that promotes independence, engages those we serve in meaningful experiences, and builds community connections, we enable every individual in our program to achieve their goals and reach their maximum potential.

***Suggested Donation:
\$8 per Class***

**Monday – Friday
(All Levels – All Welcome)
4:15 to 5:30 pm**

88 Orchard Rd,
Skillman, NJ 08558
609-924-7294

**Check schedule to confirm class
www.PrincetonYoga.com**

