



New Jersey Department of Military and Veterans Affairs

Hosts

Women Fitness Day

When: Wednesday, July 20, 2022

Time: 2pm - 4pm

**Where: Lawrenceville Armory
151 Eggert Crossing Road
Lawrenceville, NJ 08648**



**REGISTER for
FREE
Yoga Mat**



Trainers:

Air Force Spouse, Erica Rodriguez-Jenkins -LCSW/Yoga Instructor

Navy Veteran, Monique Lindsay -Personal Trainer/F45 Coach/Mentor

Wellness Coach:

Ret CW3 Luisa Sanchez -Certified Nutritionist

POC: Tanya Gauthier
tanya.gauthier@dmava.nj.gov
609-530-7051