



LGBTQIA+ TUESDAY EMPOWERMENT SESSIONS WITH

on my journey

August 12th
&
Sept 9th
6-7:30p



Find calm in the present, transform your Life with thom mason & “on my journey” Transformational Coaching



Practice Mindfulness and discover:

- How to let go of thoughts that drain you
- The serenity that comes from embracing our authentic selves
- The deep connection with yourself and your Community
- The power of a calm mind to face challenges



<https://onmyjourney.life>

Space is limited - register now



Gardner's Basin on the Bay,
800 N New Hampshire Ave,
Atlantic City, NJ 08401
Registration Required scan here

or text Judah @ 609.515.6687



Marty Small, Sr. Mayor

If you require reasonable accommodations to participate in City programs, activities, and services contact ACHR.gov or (609)347-5374.