



# Mindfulness Matters: Yoga for Suicide Prevention

**Thursday,  
September 14<sup>th</sup>**  
(Rain Date: Sept. 15)

**Depot Square,  
Downtown  
Tuckahoe**

Registration 6:00pm  
Yoga 6:30pm  
Registration: \$30

Register at  
[yogahaven.com](http://yogahaven.com)

**100% of registration & donations go to  
American Foundation for Suicide Prevention**

**Taught by Jill Ganassi:** Jill teaches workshops on yoga and depression and is excited to teach this event for the third year. Let's work together with the community and beyond to reduce suffering by increasing awareness of depression and mental illness, removing the stigma and increasing the value we place on our own lives and Every Life!



AMERICAN FOUNDATION FOR  
Suicide Prevention

**yogahaven**  
move. breathe. be.