



Family Residences and Essential Enterprises, Inc. (FREE)
191 Bethpage-Sweet Hollow Road, Old Bethpage, NY 11804
Phone: 516-870-1600 Fax: 516-870-1660

FOR IMMEDIATE RELEASE: February 20, 2015

CONTACT: Patrice Radowitz, Tel: [516-870-1621](tel:516-870-1621)/Cell: [631-553-7432](tel:631-553-7432)
Email: pradowitz@familyres.org

Andy Robles: 516-603-0447
Email: familyres.free@gmail.com

YOGA NIGHT TO BE HELD AT FARMINGDALE GIFT BOUTIQUE

FANCY FREE PRESENTS YOGA WITH JACKIE

Old Bethpage, NY – On Thursday, February 26th at 7:00 p.m. Family Residences and Essential Enterprises, Inc. (FREE), will host “**Yoga with Jackie**” at the newly redesigned **Fancy FREE** gift boutique. This special event is part of the monthly “feature nights” series held at **Fancy FREE**.

“Yoga with Jackie” is a night of yoga and meditation led by certified yoga instructor Jaclyn Losquadro. All levels are welcome to this free event. If participants do not have a yoga mat, one will be provided and they are encouraged to dress comfortably. In addition to yoga, light refreshments will be provided. Anyone interested in participating is encouraged to RSVP to reserve their spot by contacting jlosquadro01@familyres.org.

When:
7:00 p.m.
Thursday, February 26, 2015

Where:
Fancy FREE
248 Main Street
Farmingdale, NY 11735

Cost:
FREE
(Donations Welcome)

Fancy FREE Gift Boutique Hours: Monday-Friday, 11:00 a.m.-5:00 p.m. Saturday, 11:00 a.m.-4:00 p.m. 248 Main Street, Farmingdale, NY 11735, Telephone 516-293-2050.

About FREE

Family Residences and Essential Enterprises, Inc. (FREE) founded in 1977 and headquartered in Old Bethpage, benefits and proudly supports more than 3,500 individuals with intellectual disabilities, mental illness and traumatic brain injury. It is the mission of FREE to help individuals of all abilities realize their full potential. FREE provides a diverse array of supports and services including: housing, recovery services, transition to work, employment, day, community and family services, respite, crisis services, education and after-school support, primary and specialty health care and advocacy. For more information, please call 516-870-7000 or visit familyres.org.

###