



**J. P. Mascaro & Sons**

***If it's service, it's us!***

**PRESS RELEASE**

**TO: ALL NEWS MEDIA**

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**DATE: OCTOBER 1, 2025**

**SUBJECT: SUSANLEE MASCARO HOSTS COMMUNITY WELLNESS EVENT**

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Susanlee Mascaro, wife of company president, Pasquale (Pat) Mascaro, hosted a workshop, "Connect to Joy with breath and movement," on Monday, September 29, 2025, at the Exeter Township Community Library. The event was sponsored by the Pioneer Crossing Landfill and included 40 participants.

Many in attendance found the event to be very informative. Mrs. Mascaro is a 1,000-hour Kripalu Professional Yoga Teacher who has practiced for over thirty years. A principal component of the presentation was breathing techniques essential in invigorating the body and the mind in a very simplistic and doable manner as part of our daily life schedules. There was a comprehensive handout describing the health benefits of this practice.

The program is part of the Mascaro company's commitment to be a "friend in the community" in a multitude of ways including the support of viable wellness programs.