



Join Josephine's Place in a **3-part series** workshop on Health and Wellness. Learn how you can control your well-being.

Topics Covered:

- Pre-natal health
- Lifestyle Choices
- Genogram and how to read them
- Stress management



Date: Friday, September 29, 2017

Time: 10:00am - 11:30am

****IMPORTANT:** *Please try to attend all 3 sessions***

This session is made possible by:

Horizon Foundation of New Jersey Grant & Josephine's Place

REGISTRATION REQUIRED

JOSEPHINE'S PLACE

622 Elizabeth Ave

Elizabeth, NJ 07206

www.josephinesplace.org