



Join Josephine's Place in the 2<sup>nd</sup> workshop on Health and Wellness.  
Learn what factors affect your health.

Topics Covered:

- Lifestyle choices
- View of illness
- Interpersonal relationships
- Environment



Date: Friday, October 6, 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**

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