



**Free
Giveaways**

Recharge & Reconnect: Self-Care for Everyday Balance

You are invited to join the NJ4S team in a discussion about self-care. We will explore the importance of self-care, how it relates to mental health and learn about what self-care means to you. Each attendee will have the opportunity to create a vision board!



Thursday, October 24, 2024

4:30pm-5:30pm



Wiggins Center

400 Mt. Vernon St., Camden, NJ 08103



**REGISTER!
NOW!**



For more information:

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