

Sponsored by NJ4S Morris-Sussex
& Family Partners of Morris & Sussex Counties



LUNCH & LEARN VIRTUAL EVENT

Self Care

FOR PARENTS/CAREGIVERS

THURSDAY
October 3, 2024
12-1:00pm

Self-care is often overlooked by those who need it most!
Learn what self-care is and is not and ways
you can ensure you care for yourself while
also caring for others.

REGISTER BELOW:

Please select the October 3rd drop down option

Click button **OR** **Scan code**



Link to ZOOM



For more information:

- 973-334-4052
- NJ4S@mhainspire.org
- www.mhainspire.org/nj4s

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