

Haddon Heights
**HEALTH &
WELLNESS**
Free Workshops



Want to improve your health and reduce stress in the coming year? Start 2017 off on the right foot and join us for these Free Health & Wellness Workshops. You will learn tips to help reduce stress and to get your family eating better. Your health is worth it! Sign up today and get your 2017 resolutions started right!

HEALTH & STRESS

Stress is the underlying cause of most illness. This workshop will educate on the symptoms of stress, how it affects the body's overall health, and what a person can do to relieve stress both at work and at home, so that they can feel better and enjoy life more.

Date: Thursday, January 26th
Time: 7:30 pm

FAMILY NUTRITION

Families are very busy these days. This nutrition workshop is designed to teach families some time saving ideas to help them eat healthier as well as tips on teaching kids to eat right.

Date: Thursday, February 9th
Time: 7:30 pm

Instructors: South Jersey Health & Wellness

Location: Haddon Heights Cabin, 600 Lippincott Lane

FREE WORKSHOP, NO FEE

Please RSVP with this form at the Borough Hall

625 Station Avenue, Haddon Heights, NJ 08035 ATTN: Programs

Email us at programcoordinator@haddonhts.com or Call 856-546-2585.

Name: _____

Contact Information is used in case of the change or cancellation of the program.

Email Address: _____

Phone Number: _____

WORKSHOP: Health & Stress _____

Family Nutrition _____