

United Way of Northern New Jersey *Family Success Center*

HEALTHY LIVING SEMINARS

Learn how to manage stress on a daily basis



Tuesday, May 3
**Boosting Your Health Potential and
Reducing Stress Headaches**

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Tuesday, May 10
Backpack Safety and Preventing Injury

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Tuesday, May 17
**Proper Nutrition and
How to Shop at the Grocery Store**

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Tuesday, May 24
Raising Healthy Children and Preventing Childhood Obesity

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Tuesday, May 31
Understanding Proper Sleeping Habits

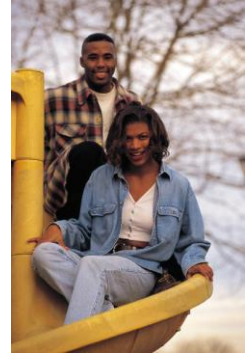
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6:30 – 8:30pm
United Way Building
60 S. Fullerton Ave
Montclair, NJ

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Register now!

973-746-4235 or Durelle.McPherson@UnitedWayNNJ.org

Childcare and a light meal provided

For more details go to www.uwne.org/Healthy_Living_Seminars.php



In Partnership with:

