

**FREE WORKSHOPS
AT
SETH BOYDEN ELDERLY
130 Dayton Street
Community Room**



APRIL 30, 2014

4:30 - 6:00PM

STRESS MANAGEMENT

*Signs and Symptoms of mental health problems
and what to do about your stress*

*Presented by: NHA Choice Neighborhoods Initiative, in conjunction with Mental Health Association of
NJ, NHA Residents Advisory Board & NHA Division of Family Services*



REFRESHMENTS SERVED

