

Grandparents Raising Grandchildren

Please Join Us for Our First Meeting of 2025

Thursday, January 23, 2025

5:00 to 6:30 p.m.

Topic:
Stress Management Tools

Presenter: Teri O'Connor,
E-RYT 500, ACE Certified Personal
Trainer, Reiki Master

A light supper will be served

Rutgers Cooperative Extension
355 Courthouse-South Dennis Rd
Cape May Court House, NJ 08210

RSVP by January 17
Call 609-465-5115, Ext. 3609

R **RUTGERS UNIVERSITY**
Family and Community
Health Sciences
New Jersey Agricultural Experiment Station



Chris Zellers, MPP
FCHS Educator/Assistant Professor