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

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



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

Chris Zellers, MPP FCHS Educator/Assistant Professor

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