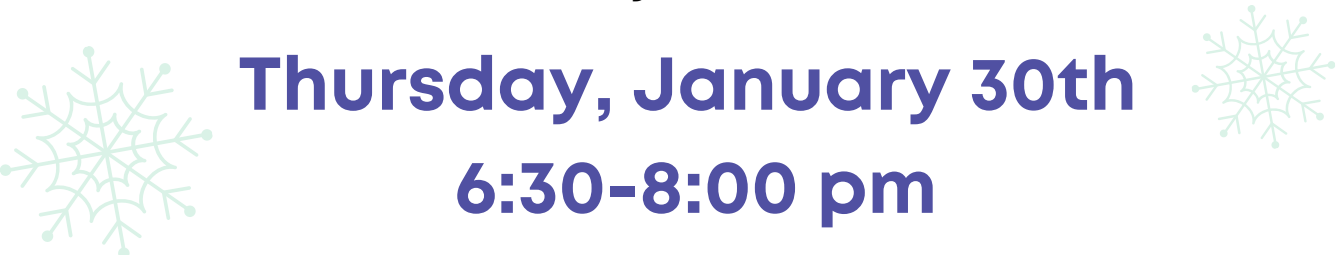




# Beat the Winter Blues

Join us for an evening of helpful tips, workshops, and resources designed to help you get through the cold days of winter!



Thursday, January 30th  
6:30-8:00 pm

Montgomery Municipal Building  
100 Community Drive Skillman, NJ 08558

What you can expect:

- Guest Speakers:
  - NJ Teacher of the Year:  
*Stefanie Lachenauer*
  - Healthy Mind, Healthy Body Initiative:  
*Surbhi Vyas*
- Guided Mindfulness Activities
- Cold Weather Wellness Tips
- Resource tables
- Giveaways



Let's bring some sunshine back to your days!

Montgomery Township Health Department

Serving Montgomery and Rocky Hill

MontgomeryNJ.gov/Health

(908)-359-8211



Public Health  
Prevent. Promote. Protect.



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