

Laugh... Love...Live (Free)



Join Abbie Katz from the Senior Well-Being program at GTBHC for this innovative 5 part program. Participants will have fun as they learn about ways to think more positively, improve self-esteem, reduce stress, and move toward inner peace.
Take a step toward a happier life!

RWJ Hamilton Center for Health & Wellness
Classroom 1
Thursdays, July 24, 31 and August 7, 14, 28, 2008
2 to 3 PM
Registration is required
Call HealthConnection
609-584-5900