

GRANDMOTHERS AS CAREGIVERS: TAKING CARE OF YOU!



3RD ANNUAL HEALTH MINI-CONFERENCE For residents of Essex County

Date: Friday, May 22, 2015

Time: 9:00 am – 2:00 pm

Location: B.F. Johnson Community Center
Metropolitan Baptist Church
149 Springfield Avenue
Newark, NJ 07103

This conference will focus on health issues of Grandmothers (50+) who are raising their grandchildren...

Workshop Topics Include:

Nutrition...Exercise...Preventing and Addressing Diabetes...Emotional Health...Stress Reduction, Healthy Mind, Living, Eating and more.....

Hosted By:

The Statewide Parent Advocacy Network in Collaboration with the Essex County Family Council and the American Heart Association/American Stroke Association

For More Information Contact:

Shirley Johnson (862) 214-2814 or Email: shirley.johnson@spannj.org

ONLINE REGISTRATION ENDS MONDAY, MAY 18TH, 2015 –NO WALK-INS

Registration: <https://grandmothersascaregivers2015eventbrite.com> (open Spring 2015)



Statewide Parent
Advocacy Network

STATEWIDE PARENT ADVOCACY NETWORK (SPAN)

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