

ACHIEVING PERSONAL BALANCE (APB)



LUNCH PROVIDED | \$100 GIFT CARD FOR COMPLETION OF THE PROGRAM

JOIN US ON MONDAYS & WEDNESDAYS

STARTING MONDAY, MAY 1, 2023

A FREE 6-week wellness program designed to develop and apply effective coping strategies to deal with stressors of work and home.

For more information, contact Temerity Berry at (609) 522-5960, or Temerity@capeassist.org.

REGISTER AT:



WWW.CAPEASSIST.ORG/APB

MONDAYS 1:00PM - 2:00PM | WEDNESDAYS 12:00PM - 1:00PM

MON. MAY 1ST

WED. MAY 2ND

MON. MAY 8TH

WED. MAY 10TH

MON. MAY 15TH

WED. MAY 17TH

MON. MAY 22ND

WED. MAY 24TH

MON. MAY 29TH

WED. MAY 31ST

MON. JUN. 5TH

WED. JUN. 7TH

STARS MEETING ROOM 1200 US RT 9, CMCH NJ 08210