



# Self-Care Presentation

Join us for an enlightening presentation on the art of self-care, where we will explore practical strategies to nurture your physical, mental, and emotional well-being. This session will cover a range of topics including stress management, healthy lifestyle habits, mindfulness techniques, and the importance of setting personal boundaries.

> **Wednesday, June 5 | 3:30 p.m.**

Held via Zoom

You can call 732.497.3811  
or email [familysuccess@ymcanj.org](mailto:familysuccess@ymcanj.org)  
to register for this event and  
obtain the Zoom link.



## YMCA OF GREATER MONMOUTH COUNTY

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