

FAIR LAWN SENIOR CENTER

11-05 Gardiner Road, Fair Lawn, NJ 07410 201-796-1191 srcenter@fairlawn.org

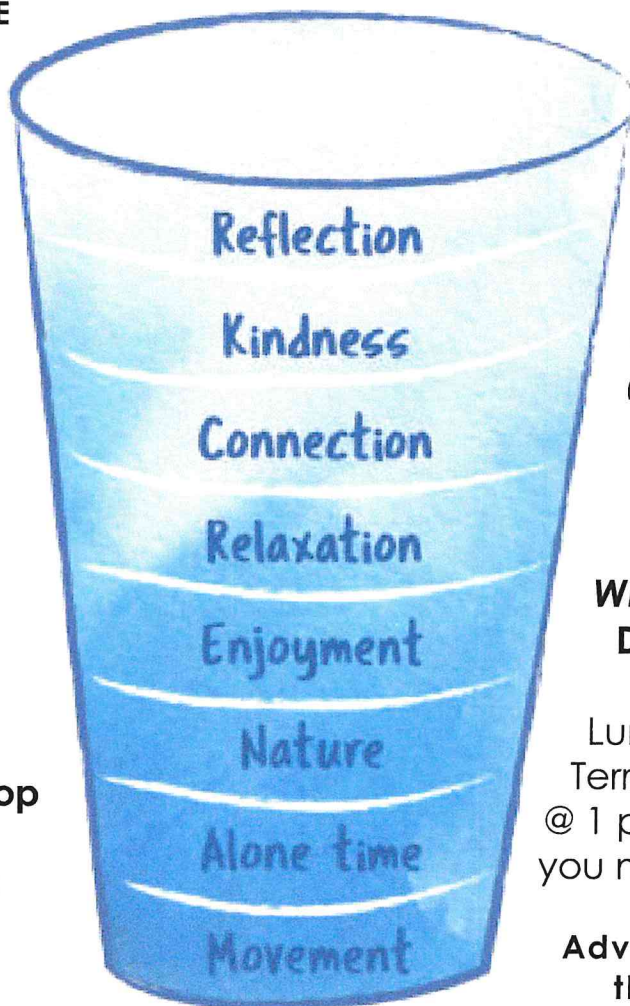
SELF-CARE: FILLING UP YOUR CUP

PRESENTED BY DIANE LANG
THERAPIST, CERTIFIED POSITIVE
PSYCHOLOGY COACH,
SPEAKER & AUTHOR

People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and we can burn out.

Self-care is not selfish.
It is an essential component to appreciating yourself, cultivating happiness and finding balance.

Join us in this **TWO-PART Workshop** to learn the importance of self-care and specific actions you can take to fill your cup.



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PART 1:

WHERE: Fair Lawn Senior Center

DATE: Thursday, June 27, 2024

TIME: 1-2 p.m.

The Senior Center offers a Noon lunch (\$1.25 suggested donation) before the program and reservations should be made at least 24 hours in advance.

PART 2:

WHERE: Arbor Terrace, Teaneck

DATE: Thursday, July 18, 2024

TIME: 11-2:30 a.m.

Lunch will be provided by Arbor Terrace, followed by the program @ 1 p.m. Shuttle will be provided OR you may choose to go 'on your own'!

Advance registration necessary for this program. Deadline: 6/20