



STRESS LESS TO FEEL YOUR BEST

Join our Health Educator to learn about different types of stress, identify causes of stress, and recognize symptoms in children and adults. Participation in different remedies of stress relief, including breathing techniques and a relaxing guided meditation, will be encouraged.

WEDNESDAY, APRIL 15, 2026
10 - 11 A.M. Lecture

11 A.M. - 1 P.M. FREE Wellness Screenings
Screenings Include: Blood Pressure, Pulse,
Cholesterol, Blood Sugar, BMI and Stroke Risk
***Fasting not required.**

Manalapan Community Center
114 Rt 33 West, Manalapan

***Residents only**



Hackensack
Meridian Health

KEEP GETTING BETTER