



Discussion Group

BUILDING HEALTHY HABITS DURING STRESSFUL TIMES

Maintaining healthy habits while dealing with a lot of stress can be a challenge. Turning to a vice such as food, alcohol and nicotine can be tempting when times are tough. You are invited to participate in our discussion group where we will explore strategies for overcoming self-sabotaging habits and techniques for creating healthier ones.

WHEN

Friday, July 13, 2018

TIME

10am-1pm

WHERE

2244 Church Ave 4th FL, Brooklyn, NY 11226
(Take the 2 or 5 train to Church Ave.)

WHAT

A light breakfast will be provided

QUESTIONS? CONTACT

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