New Jersey Agricultural Experiment Station

## LIVING WELL

A monthly online healthy lifestyles support & discussion group

Presented by Rutgers Cooperative Extension of Hunterdon County Dept. of Family & Community Health Sciences

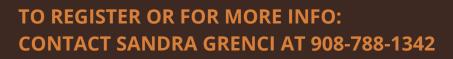
• LIVE A HEALTHIER LIFE EVERY DAY!

• PREVENT AND MANAGE CHRONIC DISEASE!

• FACILITATED BY A REGISTERED DIETITIAN-CERTIFIED LIFESTYLE COACH

## SESSIONS MEET: 1st THURSDAY OF THE MONTH AT 5 PM ON ZOOM

UPCOMING DATES: Jan. 4, Feb. 1, March 7





## **SHARE TIPS FOR:**

6

Healthy and enjoyable eating!

Healthy cooking and recipes!



2

**Mindful eating!** 



Being more active!



Goal setting & action planning!



Managing stress!



Improving sleep!

## **OR GRENCI@NJAES.RUTGERS.EDU**