



NAMI Sussex invites you to join us for a Zoom presentation on

MAINTAINING WELLNESS WHILE LIVING WITH A MENTAL HEALTH CONDITION

**Monday, May 24th, 2021, 7:00 – 8:30 p.m., online
presentation via Zoom**

**Led by Elena Kravitz, Coordinator of NAMI NJ's Hearts and
Minds Program**



The Hearts and Minds program focuses on inner and outer wellness for people living with a mental health condition. Ms. Kravitz will cover medical self-advocacy, smoking cessation, addictions, healthy eating, exercise, diabetes and metabolic syndrome. She will present sample food and exercise journals. The presentation will start following a brief business meeting.

To register for the presentation click on the following link:

<https://bit.ly/3vW1A9H>

NAMI Sussex is an all-volunteer 501(c)(3) nonprofit organization that provides support, education, and advocacy throughout the Sussex County, New Jersey area on behalf of individuals and families affected by mental illness.

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