

RUTGERS  
University Behavioral  
Health Care

**Intensive Family Support Services (IFSS) of Middlesex County**  
*Supported by National Alliance on Mental Illness (NAMI) of Middlesex County*

## *“Wellness Painting in the Park”*

Please join us for this relaxing wellness program on:

**Saturday, Oct 1<sup>st</sup>, 2022**

**9:30 AM - 12:00 PM**

**Johnson Park, Grove #3, Piscataway, NJ**



**Canvas Painting**  
**Light Refreshments**  
**Delightful Company**

**All in a Tranquil Outdoor Setting**

*Canvas Painting delivers many health benefits. It is therapeutic because it allows the mind to focus on the images at hand and on nothing else. This focus toward one central topic relieves stress on the mind and in turn relaxes the body. Pick up a paintbrush and try out this enjoyable hobby, while being led in a step by step painting activity. Don't miss this opportunity for self-care!*

**\*\* Families and Adult Consumers Welcome to Attend ~ Registration Required ~ Register Soon, Space is Limited! \*\***  
Please call IFSS at **732-235-6184** to register no later than Tuesday, Sept 27, 2022.

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**Driving Directions to Johnson Park, Grove #3  
River Rd, Piscataway, NJ**

From Route 287:

Take Exit 9 (Highland Park)  
Follow River Rd. toward Highland Park (2 miles)  
After Johnson Dr., the park begins on your right  
Park runs parallel to River Rd.

From Route 1:

Take exit for Route 18 North  
Take Exit for Highland Park/Route 27 North  
Make left at traffic light onto River Rd.  
Park begins on the left at 1st traffic light (Cedar Lane)  
Park runs parallel to River Rd.

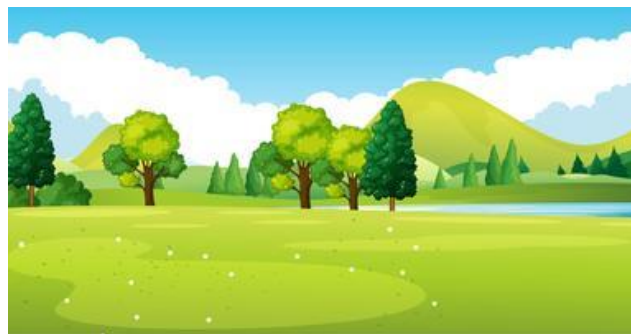
From Garden State Parkway:

Take Exit 129 (NJ Turnpike)  
Take NJ Turnpike South  
Follow directions for NJ Turnpike

From NJ Turnpike:

Take Exit 9 (New Brunswick)  
Take Rt. 18 North  
Take Exit for Highland Park/Route 27 North  
Make left at traffic light onto River Rd.  
Park begins on the left at 1st traffic light (Cedar Lane)  
Park runs parallel to River Rd.

When you enter the park, follow the signs to GROVE #3.



*If you have any questions, please call: 732-235-6184*