



Self-Care Isn't Selfish

A four-part stress management webinar series focusing on practical self-care strategies for parents, caregivers, teachers, students and others

April 5th, 7:30 PM- Disconnecting from our Devices

April 12th, 7:30 PM- Meditation & Stretching

April 19th, 7:30 PM- Gratitude & Journaling

April 26th, 7:30 PM- Mindfulness for Better Sleep

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**RWJ Barnabas
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