

TAKE CHARGE!

8 Dimensions of Wellness

The *Take Charge!* program will help you improve your day-to-day wellness choices and your overall well-being. You will explore what you are doing now for your wellness, what you hope for, and what steps you might take.

Join us for a four-part *Take Charge!* workshop Zoom Online that will help you reflect on and develop a personalized action plan based on the 8 Dimensions of Wellness.



Wednesdays
**(1:30 to 2:30 Eastern Time
1030-1130 Pacific time)**

July 21, 2021

July 28, 2021

August 4, 2021

August 11, 2021

REGISTER HERE:

<https://www.surveymonkey.com/r/V65W2SW>

After you are enrolled, you will receive a Zoom invitation by email.

If you have questions about this program, contact George Brice, gbrice@cspnj.org, Cell: 908-630-8910.