



Planter Painting for Stress & Anxiety Relief

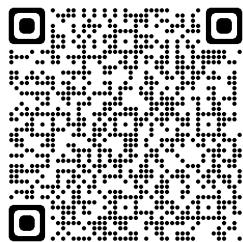
Monday, September 11
1:00 - 2:00 pm

West Park Recreation Center
615 West Park Ave., Oakhurst

Beth Ganley from Willow Springs Rehabilitation & Healthcare will help seniors manage stress and reduce anxiety through a creative planter painting project.

Lunch will be served!

Free - Registration is required.



**SCAN CODE WITH YOUR
SMART PHONE TO REGISTER
OR CALL 732-531-2600**

TOWNSHIP OF OCEAN DEPARTMENT OF HUMAN SERVICES
732-531-2600 OCEANTWP.ORG/SENIORS

