



# FITNESS EVENT



## Featured Topic:

### Tips for Stress Management

Come take a walk with us and learn what you can do to reduce and manage stress in the New Year.

## Walk Leader:

### Jillian Thomas, LCSW

Center for Behavioral Health at JFK University Medical Center at Hackensack Meridian Health

January 24, 2024

12 PM

Piscataway YMCA  
(Indoor Track)

520 Hoes Lane  
Piscataway, NJ 08854

