



JFS Women's Center presents:

Women's HEALTH WORKSHOP



Thursday, April 20, 2023
11:00 am - 1:00 pm

JFS Middlesex
219C Blackhorse Lane
North Brunswick, NJ 08902

Join JFS Women's Center along with the Rutgers School of Nursing in an open and informative conversation about women's health & wellness.

**Get free
information &
advice for women
of all ages about:**

- *Cholesterol*
- *Blood pressure*
- *Diabetes*
- *Cardiac health*
- *Preventive care*
- *Diet & Exercise*
- *Immunizations*

All Are Welcome!

For more information:

Email: womenscenter@jfsmiddlesex.org

Phone: 732-777-1940

Jewish Family Services of Middlesex County (JFS) is a 501c3 nonprofit, social services agency offering an array of essential programs to help people from all backgrounds.

LOCATIONS:

NORTH BRUNSWICK
219C Blackhorse Lane
North Brunswick, NJ 08902

MONROE
1600 Perrineville Road, Suite 52
Monroe Township, NJ 08831

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