

**Intensive Family Support Services (IFSS) of Middlesex County**  
*Supported by National Alliance on Mental Illness (NAMI) of Middlesex County*

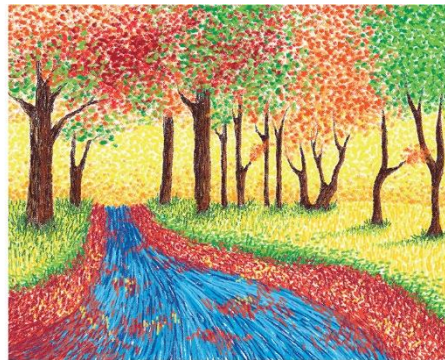
## *Fall Pastels for All*

Please join us for this relaxing wellness program on

**Saturday, Nov 5<sup>th</sup>, 2022**

**9:30 AM - 12:00 PM**

**151 Centennial Ave, Piscataway, NJ**



**Artmaking with Oil Pastels**

**Light Refreshments**

**Delightful Company**

*Artmaking delivers many health benefits. It is therapeutic because it allows the mind to focus on the images at hand and on nothing else. This focus toward one central topic relieves stress on the mind and in turn relaxes the body. Put on an apron or some old clothes, pick up an oil pastel, and try out this enjoyable hobby, while being led in a step-by-step oil pastel activity. Don't miss this opportunity for self-care!*

**\*\* Families and Adult Consumers Welcome to Attend ~ Registration Required ~ Register Soon, Space is Limited! \*\***  
Please call IFSS at **732-235-6184** to register no later than Tuesday, Nov 1, 2022.

**Event Parking Permit will be required – get details upon registration**