



Join us at the Oradell Public Library (375 Kinderkamack Road) for a stress free workshop for kids in grades 3-8!

Join us to learn about how stress affects your body and some great coping skills



Workshop Times:

Monday, September 24th

Grades 3-5: 3:30-4:30 P.M.

Grades 6-8: 4:30-5:30 P.M.

Please bring a shoebox with you to the event for a craft during the workshop!

STAY CONNECTED

Follow us on Instagram: @stress_free_oradell

Any questions? email

Elizabeth.ippolito@hotmail.com for more information