

Live Well & Stay Healthy Monthly Wellness Series

**Paramount Ocean Breeze, Manahawkin, Four Seasons at Harbor Bay, Little Egg Harbor,
and Four Seasons at Smithville**

First Tuesdays December 1, 2020 – June 1, 2021

December 1, 2020 3:00 pm

Cultivate Calm in Your Life – This session will provide simple tips for being mindful and creating a healthy calm environment in your life.

January 5, 2021 3:00 pm

Comfort Foods to Soothe the Soul - Explore simple yet healthy soups and meals that comfort us during the long winter and nourish during stressful times.

February 2, 2021 3:00 pm

Cooking Your Way to a Healthy Heart – Celebrate Heart Health Month by exploring several strategies to fine tune your heart health by stocking your home pantry, menu planning and cooking skills.

March 2, 2021 3:00 pm

Stress Less with Laughter – Laughter is a simple way to reduce stress in your day! A few easy laughter exercises will be practiced helping everyone get started on a healthy path.

April 6, 2021 3:00 pm

Food & Mood – There is an important connection between food and mood, so learn how to keep your mood positive with healthy food.

May 4, 2021 3:00 pm

Health Benefits of Herbs – The micronutrients in herbs can give your body a nutrient boost and help to reduce the sodium and fat at the same time.

June 1, 2021, 3:00 pm

Everyday Mindfulness - You can help improve your health by being mindful of your food and everyday activities. Stop, take a deep breath and join us!

Additional programs are available beyond the June 2021 date. Please contact me for information.

Info about Rutgers Cooperative Extension:

The Family & Community Health Sciences (FCHS) Department at Rutgers Cooperative, promotes health and wellness through education, research and collaboration with outreach in food, nutrition and healthy lifestyles.

FCCH faculty and staff work to in your neighborhood to promote healthy schools and communities. Through leadership, collaborative efforts, research and science-based education, we foster a culture of health and wellness to New Jersey residents of all ages.

Rutgers Zoom Info for the Series

Joanne Kinsey is inviting you to a scheduled Zoom meeting.

Topic: Live Well- Stay Healthy Wellness Series

Time: Dec 1, 2020 03:00 PM Eastern Time (US and Canada)

Every month on the First Tue, until Jun 1, 2021, 7 occurrence(s)

Dec 1, 2020 03:00 PM

Jan 5, 2021 03:00 PM

Feb 2, 2021 03:00 PM

Mar 2, 2021 03:00 PM

Apr 6, 2021 03:00 PM

May 4, 2021 03:00 PM

Jun 1, 2021 03:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:

https://rutgers.zoom.us/meeting/tJMqcumurjorHtyw_qppkTc9UoDe5zkLicw2/ics?icsToken=98tyKuCvqT4qHNSUsR2PRowEB4_4c-7ziH5cgrdEiyD0EzBYVgCvA-1mN-dlG_TZ

Join Zoom Meeting

<https://rutgers.zoom.us/j/97750601148?pwd=UHp5SzNOVnR1dUhrdDBWR0NXTWdwUT09>

Join by SIP

97750601148@zoomcrc.com

Meeting ID: 977 5060 1148

Password: 029438

One tap mobile

+12532158782,,97750601148# US (Tacoma)

+13017158592,,97750601148# US (Washington D.C)

Join By Phone

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

Meeting ID: 977 5060 1148

Find your local number: <https://rutgers.zoom.us/u/avl7tMMbe>

Join by Skype for Business

<https://rutgers.zoom.us/skype/97750601148>

If you have any questions, please contact the Office of Information Technology Help Desk

Live Well & Stay Healthy At Home!

Contact Info

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Websites:

<https://njaes.rutgers.edu/fchs/>

<http://rutgers-atlantic.org/fchs/index.asp>

Healthy Video Recipes <https://vimeo.com/getmovinggethealthynj>

Healthy Recipes in PDF <https://njaes.rutgers.edu/fchs/recipes/>

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