MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY

•Check social media feed for Veronica's new nutrition video





TUESDAY

•Watch the new Stay Healthy at Home webinar at 2pm



WEDNESDAY

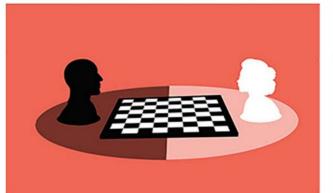
Interactive Zoom event for HLP:Live at Ilam



•Check social media feed for IHT's new workout video

THURSDAY

•Play this week's Brain Game on Zoom at Ipm



FRIDAY

RECIPE

•Check social media feed for Erin's new recipe!



·HLP:Live!It's
Fitness Friday
with IHT on
Zoom at Ipm



TO DO LIST:

·Sign up for NJSAP's email list

•Request a virtual group training

•Make a social media post using this month's hashtag

Participate in an advocacy campaign or Action Alert



·Mark my calendar with all upcoming activities

•Reminder: Each NJSSAN Council meets every month

•Remember:

<u>Self-Advocacy means to</u>

<u>SPEAK UP!</u>



Find out more at www.njselfadvocacyproject.org







These weekly events are part of the Healthy Lifestyles Project (HLP). HLP is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.