

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 11am



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



THURSDAY

- Play this week's Brain Game on Zoom at 1pm



FRIDAY

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



- HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm



IN-HOME PERSONAL TRAINING LLC

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



REMINDERS + NOTES:

- Mark my calendar with all upcoming activities

- Reminder: Each NJSSAN Council meets every month

- Remember: Self-Advocacy means to SPEAK UP!



Find out more at www.njselfadvocacyproject.org

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@newjerseysap](https://www.instagram.com/newjerseysap) / Twitter: [@NJSAP](https://twitter.com/NJSAP)



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](http://www.horizonfoundation.org).