

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY

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



Vero Pure Green

TUESDAY

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



•Watch Joanna's new music therapy video



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

•Watch Malik's new art workshop training video



FRIDAY

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



•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 and tag @NJSAP/ @newjerseySAP

•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 / Instagram: @NewJerseySAP / Twitter: @NJSAP