

HEALTHY CHOICES WEBINAR SERIES



Register online or call 800-560-9990

Participants are encouraged to submit questions for the discussion during registration.

This event is hosted by:

- Southern Ocean Medical Center and Hackensack Meridian Children's Health
- Central Jersey Family Health Consortium
- Long Beach Island Health Department
- LEH, Tuckerton and Eagleswood MAC

KEEP GETTING BETTER

Join us for three fun-filled evenings for moms/guardians and their sixth, seventh and eighth grade daughters. Learn about making healthy life choices and increasing communication during these important teen years during this three-part webinar series. Participants will receive easy recipes prior to each webinar for dinner and a dessert for moms and daughters to make together, spend quality time and enjoy before or after the program (or anytime).

A LIFETIME OF COMPASSIONATE HUGS AND TUGS

August 27th, 6:30 p.m. - 7:15 p.m.

Participants will invite "Self-Compassion and Compassion for Others" as a most welcome guest into their relationship roles as mother and daughter. Through experiential exercises, they will come to see one another with new eyes, listen to one another with new ears and come to love one another with a deeper love. A small Compassionate peek into each other's hearts can make the difference for a lifetime.

DON'T GET VAPED IN

September 23rd, 6:30 p.m. - 7:15 p.m.

Vaping rates have grown the past couple years, especially in teens. Learn the facts about e-Cigarettes and vaping, the risks and dangers, as well as resources that are available to you.

COMMUNICATION IS KEY

October 14th, 6:30 p.m. - 7:15 p.m.

Communication is the key to any healthy relationship. Learn the importance of communication and how to enhance it for a successful mother daughter relationship. You will also learn that communication can help your social and emotional well-being.



Hackensack Meridian
Children's Health