



# Attention Veterans:

## This year, give yourself a New Start!

Call **(908) 994-7278** for information on the following 1-2 hour programs:

**FEBRUARY**

Date	Topic
Mon. Feb. 1	Mental Health
Wed. Feb. 3	Tai Chi
Mon. Feb. 15	Diet/Nutrition
Wed. Feb. 17	Yoga (bring yoga mat)
Mon. Feb. 22	Cardiac Awareness
Wed. Feb. 24	Fitness
Mon. Feb. 29	Stress Management

**APRIL**

Mon. April 4	Yoga (bring yoga mat)
Wed. April 13	Tai Chi
Mon. April 18	Living with Renal Disease
Wed. April 20	Substance Abuse Issues
Mon. April 25	Healthy Eating
Wed. April 27	Stress Management

**JUNE**

Wed. June 1	Tai Chi
Mon. June 6	Healthy Cooking
Mon. June 13	Chronic Disease Management
Wed. June 15	Substance Abuse
Mon. June 20	Yoga (bring yoga mat)
Wed. June 22	Fitness
Mon. June 27	Stress Management
Wed. June 29	Mental Health

**MARCH**

Date	Topic
Wed. March 2	Tai Chi
Mon. March 7	Diabetes Management
Wed. March 9	Healthy Cooking
Wed. March 16	Yoga (bring yoga mat)
Mon. March 21	Fitness
Wed. March 23	Stress Management
Mon. March 28	Nutrition

**MAY**

Mon. May 2	Mental Health
Wed. May 4	Tai Chi
Mon. May 16	Yoga (bring yoga mat)
Wed. May 18	Nutrition
Mon. May 23	Fitness
Wed. May 25	Stress Management



**A Health Institute  
for Veterans**

Sponsored by



These classes and workshops are offered **free of charge** to our veterans and their families

All programs begin at 6:30 PM and will be held at the **Cranford VFW** | 479 South Ave. | Cranford, NJ 07016