

## Health, Healing & Empowerment: Part 2 In-Person!



Brought to you by one of our board members

**Cristina Blasoni, DSW, LCSW**

Co-hosted by Bergen New Bridge Medical Center Outpatient  
Behavioral Health and NAMI Greater Bergen

**Wednesday, October 11, 2023 @ 7 pm Bergen  
New Bridge Medical Center, Auditorium**

A four-part series to learn and practice stress reduction, meditation, mindfulness, de-escalation, DBT grounding, and other techniques assisting with the mind/body/emotion/spiritual balance essential for overall health, healing, and empowerment

### Join the second session

You do not need to have attend the first session to attend this one!

- Join us to learn and experience hands-on stress reduction, meditation, de-escalation, and the power of gratitude on overall health.
- Handouts will be provided for the on-site activity as well as for practice at home.
- At the end of each session, there will be a group discussion and a stress reduction exercise.

This program is open to the public and is FREE of charge. Light refreshments will be served.

Registration is requested but not required.

[Register](#)

Register