

RUTGERS

University Behavioral
Health Care

Intensive Family Support Services of Middlesex County

Presents:

IFSS WELLNESS LUAU

SELF-CARE FOR FAMILIES

Saturday March 23rd, 2019

9:00am-12:30pm

151 Centennial Avenue, Piscataway NJ



**Special Guest:
Jacquese Armstrong**

Come out and enjoy an IFSS Staycation

Join us for:

Breakfast

Family Fun

Vision Board Workshop

Group Wellness Discussions

Plus much more!

A few lucky attendees will also get a souvenir.



"Self-Care: Attitudes and actions that contribute to happiness, balance, and well-being."

***** Wear comfortable clothing *** All are welcome ~ Seating is limited! *****

Please call IFSS 732-235-6184 to register by March 20, 2019



University Behavioral
Health Care

Directions

Rutgers – University Behavioral Health Care
151 Centennial Avenue
Piscataway, NJ 08854

I-287 North:

Take Exit 9 (River Rd.) Make a LEFT off of exit onto River Rd and then at 2nd light make LEFT (jug handle for Centennial Avenue). Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Plenty of free parking is available.

I-287 South:

Take Exit 9 (River Rd.) Make a RIGHT off of exit onto River Rd and then at 1st light make LEFT (jug handle for Centennial Avenue). Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Plenty of free parking is available.

Route 18 North:

Take Route 18 North over the John Lynch Bridge to River Rd./Highland Park exit. At the end of the exit you will make a RIGHT turn onto River Rd. (heading towards Piscataway). The 8th light will be Centennial Ave. and you will make a RIGHT. Go about 1/8 of a mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Plenty of free parking is available.

Garden State Parkway/NJ Turnpike:

Take to I-287 and proceed as above.