



# *Live Grace-fully Cupcake Club*

*for Young Adults Ages 10-14*

We invite you to join us at our monthly meetings, held the **third Thursday** of each month from 7-8 p.m.:

**3/19/20**

**4/16/20**

**5/21/20**

**6/18/20**

***Location: Star and Barry Tobias Health Awareness Center (Suite 100),  
CentraState Medical Center***

- Tickle your taste buds with samples of good-for-you foods
- Learn easy relaxation techniques
- Work on service projects for the CentraState Healthcare System
- Have fun decorating and eating cupcakes
- Program facilitated by registered nurse and health educator Laura Giffen, BSN, RN-C, MA

***Program is free -- advance registration each month is required:  
Please call the Star and Barry Tobias Health Awareness Center  
at (732) 308-0570, or visit [lifelifewellnj.com](http://lifelifewellnj.com)***

*“Living gracefully is living life with an open heart and endless passion,  
taking time to explore your creative side and the things that bring you joy,  
finding a balance in life, and taking care of yourself while also being of  
service to others.” (L. Giffen)*

Bring a friend, and begin your journey toward balancing the mind, body, and spirit.