



# Wellness Community Event Vive Healthy



**JUNE 17 & 18**  
**10:00AM - 2:00PM**

**Vive Healthy and join us to connect with a variety of health resources available in our community as you have fun.**

 **The Children's Home Society of NJ**  
**635 S Clinton Ave, Trenton**

**More Information**  
[msellas@chsofnj.org](mailto:msellas@chsofnj.org)



**Blood Pressure, Blood Sugar, Cholesterol, Body Mass Index (BMI), Yoga Community Resources, & more...**

## WORKSHOPS

**June 17th**

**11:00AM-** *Mama on the Move: Preparing mind, body, and baby for labor* by Tru Doulas  
**1:00PM-** *8 Keys for a Healthy Home* by Isles

**June 18th**

**11:00AM-** *Yoga* by Maria Saiz  
**1:00PM-** *Infant Choking Safety Workshop* by Karing Konnection, LCC



**Crossroads4Hope**  
Taking On Your Cancer Journey. Together.



# Evento Bienestar Comunitario

## Vive Healthy



**17 Y 18 DE JUNIO**  
**10:00AM - 2:00PM**

**Vive Healthy y únete a nosotros para conectar con una variedad de recursos de salud disponibles en nuestra comunidad, mientras te diviertes.**

 **The Children's Home Society of NJ**  
**635 S Clinton Ave, Trenton**

**Mas info**  
**msellas@chsofnj.org**

**Presión arterial, azúcar en la sangre, colesterol, índice de masa corporal (IMC), yoga, recursos comunitarios, y más...**

## TALLERES

### Junio 17

**11:00AM**- Mamá en movimiento: Preparando mente, cuerpo y bebé para el parto — Tru Doulas  
**1:00PM**- 8 claves para un hogar saludable — Isles

### Junio 18

**11:00AM**- Yoga - Maria Saiz  
**1:00PM**- Taller de seguridad sobre atragantamiento en bebés - Karing Konnection, LLC

