

# MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

## MONDAY

• Check social media feed for Veronica's new nutrition video



## TUESDAY

• Watch the new Stay Healthy at Home webinar at 2pm



## WEDNESDAY

• Interactive Zoom event for HLP:Live at 11am



• Check social media feed for IHT's new workout video



## THURSDAY

• Play this week's Brain Game on Zoom at 1pm



## FRIDAY

• Check social media feed for Erin's new recipe!



• HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm



### TO DO LIST:

• Sign up for NJSAP's email list

• Request a virtual group training

• Make a social media post using this month's hashtag

• Participate in an advocacy campaign or Action Alert



### REMINDERS + NOTES:

• Mark my calendar with all upcoming activities

• Reminder: Each NJSSAN Council meets every month

• Remember: Self-Advocacy means to SPEAK UP!

IN-HOME PERSONAL TRAINING LLC



Find out more at [www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

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