

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY

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



•Check social media feed for a "Quick Tip" post

TUESDAY

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



•Watch Joanna's new music therapy video



WEDNESDAY

•Interactive Zoom event for HLP:Live at 11 AM



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



THURSDAY

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

•Watch Malik's creative new art video!



FRIDAY

•Check social media feed for a "Feel Good Friday" post!



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

TO DO LIST:

•Sign up for NJSAP's email list

•Request a virtual group training

•Join your monthly local NJSSAN Council Meeting

•Participate in an advocacy campaign or Action Alert



REMINDERS + NOTES:

• Select Tuesdays at 11 AM

• Winter: "Empowered" D&D Adventures
• Summer: "Trailblazers" Movement Club

•NJSAP Wrap-Up: Facebook Live updates the 1st Monday of the month at 9:30 AM

•Check out our website for more information and additional activities and campaigns!



Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP / Youtube: @NJSAP