

MY WEEK WITH THE NEW JERSEY SELF-ADVOCACY PROGRAM

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 Peaceful Potato's Pot Pourri 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



FRIDAY

• Check social media feed for a "Speak Your Mind" post!



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



TO DO LIST:

• Sign up for NJSAP's email list

• Participate in an advocacy campaign or Action Alert

• Request a virtual group training

• Join your monthly local NJSSAN Council Meeting



REMINDERS + NOTES:

• Newsletters each month

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

• NJSAP Wrap-Up: Video updates the 1st Monday of the month

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



Find out more at www.njselfadvocacyprogram.org