

The Bernards Township Health Department
and Stacey Uhrig present:

SELF MASTERY SEMINAR SERIES

WHAT IS TRAUMA REALLY?

Discover the significance behind the buzzword “trauma.” Join Stacey Uhrig for an insightful exploration into its impact on mental and physical well-being. **Gain a deeper understanding of this pervasive term and its relevance in today’s world.** Don’t miss out on unraveling the complexities of trauma and its implications for individuals and society.



Date

March 21, 2024



Time

5:30pm-7:30pm

**Warren Craft Room
Bernards Township Townhall
1 Collyer Lane
Basking Ridge, NJ 07920**



Call 908-204-3069 or email ahuber@bernards.org to register

Learn more by visiting

www.flipyourmindset.com

Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-3070

Contractual Health Agency for:
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Bernardsville Borough
Chester Borough
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