

# Step Into Wellness - Nov. 18

News Release Date  
11-09-2023



Days with less sunlight and the holiday season can make many people feel additional stress and anxiety. Join us on Saturday afternoon to learn more about diabetes, stress, anxiety, depression, and substance use prevention.

Community partners will be tabling and sharing information about mental health and

substance use prevention from 2 to 4 p.m. We will go on a 0.6-mile walk at 2:30 p.m. with Shailja Mathur, M.S., M.Ed., RDN from Rutgers Cooperative Extension of Somerset County who will share diabetes information throughout the walk.

The event is being held at Montgomery Veterans Park (235 Harlingen Rd., Belle Mead). Please park near the playgrounds.

## Supporting Documents

Step Into Wellness - Nov. 18 608.54 KB