

Beat the Winter Blues

News Release Date

02-08-2024

Event Date

Sat, Feb 24 2024, 11am - 1pm

Join us to learn ways to nourish your mind and beat the winter blues while finding nutritious locally sourced food at the February 24 MFOS Winter Farmers Market! The winter market is now held last Saturdays of February, March and April in Program Room of the Montgomery Library.



BEAT THE WINTER BLUES



The Montgomery Mayors Wellness Campaign

Invites You to

Take a step toward a brighter winter!

Join us to learn different strategies to beat the winter blues!

Speakers will share the benefits of healthy coping skills, mindfulness and nutrition!

Jennifer Furey, Licensed Professional Counselor

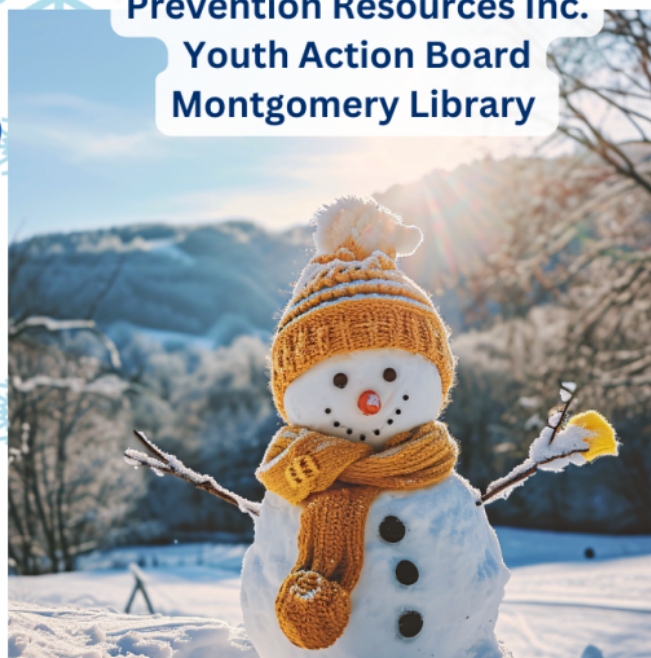
Surbhi Alaigh, Healthy Mind Healthy Body Initiative

Jennifer Korneski, Rutgers Cooperative Extension

Prevention Resources Inc.

Youth Action Board
Montgomery Library

Explore the Winter
Farmers Market
During your Visit!



Hosted by Partners of the Montgomery Mayors Wellness Campaign:

Montgomery Township Health Department

Montgomery Rocky Hill Municipal Alliance

Montgomery Parks & Recreation

**FREE
GIVEAWAYS**

Saturday February 24, 2024

11am-1pm

Montgomery Township Municipal Building

100 Community Drive, Skillman, NJ 08558

Did you know?
Seasonal Affective
Disorder affects about 5%
of adults in the U.S. each
year!

1/30/24



Montgomery Township Health Department
908-359-8211 | montgomerynj.gov



Public Health

Prevent. Promote. Protect.

Montgomery Twp. HJ Health Department
Also serving the Boroughs of Hopewell, Princeton & Rocky Hill

Please join us for this Mayors Wellness Campaign free event during the MFOS Winter Farmers Market in the Program Room of the Montgomery Library!

A Mayors Wellness Campaign Event



[Mayors Wellness Campaign](#)

New Jersey Health Care Quality Institute's Mayors Wellness Campaign (MWC) is a statewide community health initiative in partnership with the New Jersey State League of Municipalities. The MWC is a program that gives mayors tools and strategies to champion healthy and active living and to improve...

[Read More](#)

[Additional Handouts](#)

[How to Beat the Winter Blues by the Wellness Society](#)

[Cornell Health: Beating the Winter Blues: A Guide to Getting Through Winter](#)

[Seasonal Affective Disorder \(SAD\) from the National Institute of Health](#)