



Live Grace-fully Cupcake Club

for Young Adults Ages 10-14

We invite you to join us at our monthly meetings, held the **third Thursday** of each month from 7:00-8:00 p.m.:

9/20

10/18

11/15

12/20

***Location: Star and Barry Tobias Health Awareness Center (Suite 100),
CentraState Medical Center***

- Tickle your taste buds with samples of good-for-you foods
- Learn easy relaxation techniques
- Work on service projects for the CentraState Healthcare System
- Have fun decorating and eating cupcakes
- Program facilitated by registered nurse and health educator Laura Giffen, BSN, RN-C, MA

***Program is free -- advance registration is required:
Please call the Star and Barry Tobias Health Awareness Center
at (732) 308-0570, or visit centrastate.com/healthprograms***

*“Living gracefully is living life with an open heart and endless passion,
taking time to explore your creative side and the things that bring you joy,
finding a balance in life, and taking care of yourself while also being of
service to others.” (L. Giffen)*

Bring a friend, and begin your journey toward balancing the mind, body, and spirit.