

Helping Hands

- Support the Community food Bank of NJ
- American Red Cross Month
www.american.redcross.org
- Distribute meals to people with disabilities
- Volunteer or supply water for Special Olympics
- Collect used eye glasses, hearing aides and old jewelry for New Eyes for the Needy

Women's Health

- American Diabetes Alert Day
(3/28) www.diabetes.org
- Kick Butts Day (4/2)
www.kickbuttsday.org
- National Nutrition Month
www.eatright.org
- Keep that walking group going!

Dollars and Sense

- Wise Up! www.wiseupwomen.org
- Investigate before you donate
www.give.org
- Educate members about credit reports
- Have a informative meeting on financial planning

Director's Special Project

- Exercise regularly
- Eat sensibly
- Manage stress
- Control high blood pressure
- Get a physical
- Know your numbers
- Have healthy relationships
 - Wear red
 - Laugh more

Home Life/Health Quick Hits Feb./March 2008



“Juniors have HEART!”

Kimie Holt 201-338-9145

homelife@jerseyjuniors.com

www.jerseyjuniors.com

