

Self Care Fair

SUNDAY, MARCH 10, 9AM-3PM

ST. MATTHIAS SCHOOL CAFETERIA

168 JOHN F KENNEDY BLVD, SOMERSET NJ 08873

PARKING IN REAR

Learning Techniques to Improve Your..

MENTAL HEALTH

PHYSICAL HEALTH

OVERALL WELLBEING

A Better YOU Awaits!

GUEST SPEAKERS - GIVEAWAYS/RAFFLES - REFRESHMENTS

In Partnership With:

ST. AUGUSTINE'S, KENDALL PARK

HOLY FAMILY, NEW BRUNSWICK

ST. JOSEPH'S, BOUND BROOK

For questions, call the St. Matthias Parish Office:

(732)828-1400 or email smyle@stmatthias.net