

PATHWAYS TO SUCCESS



KEAN

Occupational Therapy
Community Cares Clinic



SUMMER 2015

When:

Class meet once a week for 1 hour sessions over an 8-week period.

Where:

Class will be held at the Kean University East Campus.

215 North Avenue
Hillside, NJ 07205

Fee: \$10 fee per student

Contact:

**Kean University OT
Community Cares Clinic
(908) 737-5940
otclinic@kean.edu**

Classes giving people with mental health concerns the opportunity to learn skills that put them on the “pathway” to academic success, career opportunities, independent living, and more!

Creating a Healthy Lifestyle: The Building Blocks

⇒Thursdays, 10:30-11:30 AM

⇒May 28th through July 16th

Sometimes we are too busy to focus on the simple things that can lead to a healthier life. This class is all about providing you with valuable information on possible topics such as the basics of nutrition, cooking healthy meals, introducing various forms of exercise, and learning everyday stress management techniques, all in an attempt to improve your physical and emotional wellbeing.

Seating is limited!