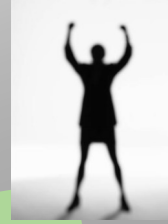


Hunterdon County Educational Services Commission presents



# Coping and Covid

A discussion on how to keep  
moving forward during the  
Pandemic



Every Wednesday at 2 p.m.

Click [here](#) to join the Webinar

(we will notify you if the schedule changes)

Join us as we talk about  
how we can manage our wellness  
in stressful times.

- ⇒ Coping Strategies in a Crisis
- ⇒ How to create a "New Normal"
- ⇒ Social Support During the Pandemic
- ⇒ How to Create a Healthy Day at Home
- ⇒ Tips for Keeping a Positive Attitude

RSVP or get more info— call us at  
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