

Fair Lawn Senior Center

11-05 Gardiner Road, Fair Lawn, NJ 07410

201-796-1191 srcenter@fairlawn.org

Journaling with Love



Journaling offers numerous mental, emotional, and physical benefits, making it a valuable tool for personal growth, self-reflection, and emotional regulation.

Journaling can be done in many different ways...

Come explore your options and
find out what works best for you.

Thursday, February 13, 2025 @ 10:30 a.m.

Advance registration necessary for this program.

The Senior Center offers a Noon lunch
(\$1.25 suggested donation)
and reservations should be made
at least 24 hours in advance.

Presented by
Camille Munro

