

**Building Healthy Communities** hosts workshops, challenges and classes for free!!!



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*Building  
Healthy  
Communities*



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## *Building Healthy Communities*



The Building Healthy Communities Project has evolved into a comprehensive, collaborative effort to address the increasing obesity rates in Perth Amboy and the surrounding communities in Middlesex County. This collaborative approach managed by the Jewish Renaissance Foundation through its highly successful family engagement program will offer an intensive slate of programming to build healthy communities.

We have developed programming to service your needs free of charge.

## *Coach Jusleine*

Jusleine Daniel, MSW, LCSW, is a clinical social worker, certified nutrition specialist, teacher, personal growth guru and a proud mom of a little girl.

For more than 17 years, she has helped people discover and use their strengths and creative powers for personal growth.

As a coach, she focuses on providing coaching and counseling that is geared towards facilitating personal development.

She likes to be involved in ways to increase community engagement and healthy living at an individual and family level, which are critical to building healthy communities.



BUILDING HEALTHY COMMUNITIES FOR EVERYONE

## *Programming*

Coach Jusleine and Building Healthy Communities would like to bring to your participants nutrition and healthy living groups.

We currently are offering 3:

- ◆ Stress Management
- ◆ Building Social Support
- ◆ Developing a Growth Mindset

We are also open to your thoughts and willing to work with your needs

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