

Taking Care of You: How to Focus on Improving Your Life Today and Into the Future

Greenbaum, Rowe, Smith & Davis LLP, Iselin, NJ

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Event Sponsor: Greenbaum, Rowe, Smith & Davis LLP Women's Leadership Forum

In the daily course of our busy lives, we often fail to prioritize taking care of ourselves. Proper nutrition, regular exercise and adequate sleep fall victim to hectic schedules. We underestimate, or ignore, the impact of stress on our physical and mental well-being. We forgo preventive care that is equally important to our overall health as visiting the doctor when we get sick.

Please join us for a light supper and presentation by Dr. Teresa M. Schaer on healthier living that will address these and other issues that impact women and men of all ages.

For more information and to register, [click here](#).
