

Spirituality & Mental Wellness



Join discussions around Mental Wellness in a safe space over Coffee and Bagels

Topic: Winter Blues

Do you struggle with Seasonal Depression?

Our Facilitator for the morning;
Rev. Luke Ekstrom, Chaplain at Penn Medicine

Saturday, January 4th, 2025 @ 10:00 am

Where: Grace Presbyterian Church
57 Sandhills Road, Kendall Park, NJ
Tel. 732 297 9182 for more information