

# Spiritual & Mental Wellness



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

## **Topic: Anxiety**

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

**Saturday, February 1st, 2025 @ 10:00 am**

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