

RUTGERS

University Behavioral  
Health Care

Intensive Family Support Services (IFSS) of Middlesex County  
*supported by National Alliance on Mental Illness (NAMI) of Middlesex County*

Presents:

## "A SPRING WELLNESS LUAU EVENT"

Saturday, March 28th, 2020

9:30 Am - 1:00 Pm

151 Centennial Avenue, Piscataway, NJ 08854

Please join us for this unique self-care program featuring:

Creating Your Glass Book: A Reflection of You



Canvas Painting

Prizes for Best Tropical Shirt

A Delicious Breakfast

Delightful Company

& Much More...

All in a Tranquil "Beachy" Setting



\*\*\*Families and consumers welcome to attend ~ **Registration Required** ~ Register soon, Seating is Limited!\*\*\*  
Please call IFSS at **732-235-6184** to register not later than Monday, March 23, 2020.



## Directions

Rutgers University Behavioral Health Care  
151 Centennial Avenue  
Piscataway, NJ 08854

### I-287 North:

Take Exit 9 (River Rd.) Make a LEFT off of exit onto River Rd and then at 2nd light make LEFT (jug handle for Centennial Avenue). Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Plenty of free parking.

### I-287 South:

Take Exit 9 (River Rd.) Make a RIGHT off of exit onto River Rd and then at 1st light make LEFT (jug handle for Centennial Avenue). Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Plenty of free parking.

### Route 18 North:

Take Route 18 North over the John Lynch Bridge to River Rd./Highland Park exit. At the end of the exit you will make a RIGHT turn onto River Rd. (heading towards Piscataway). The 4th light will be Centennial Ave. and you will make a RIGHT. Go about 1/8 of mile. The first light is for Embassy Suites. Make the next LEFT (Kingsbridge) and then turn left into our parking lot. Plenty of free parking.

### Garden State Parkway/NJ Turnpike:

Take to I-287 and proceed as above.

*If you have any questions, please call: 732-235-6184*

*During inclement weather, please call our After-Hours Coverage line at (732) 991-3143 or check the Rutgers University website for campus operating status at <http://newbrunswick.rutgers.edu/status>*