



# Happy Mind, Healthy Life

**Wednesday, April 25 from 1-2 PM**  
Livingston Senior Community Center  
204 Hillside Ave. Livingston, NJ

Hosted by the Livingston Health Department and Senior, Youth & Leisure Services

*Keeping your mind happy and healthy is crucial to overall wellness.*

*Learn how to recognize feelings of stress, anxiety, or depression,  
how to cope, and when to seek help.*

*With Florence Smith, GANP, MSN, BSN, RN, Geriatric Nurse Practitioner at Saint Barnabas Medical Center.* Florence obtained her degree as an Advance Practice Geriatric Nurse Practitioner from Rutgers University School of Nursing. She has more than 20 years of experience primarily with Barnabas Home Care as a community nurse caring for the geriatric population. Florence received the Perseverance Award from Jersey City University, which recognizes individual for their outstanding motivation, effective interpersonal relationship, and demonstration of strong client and advocate qualities.

*Registration required. Please call 973-535-7925, option 8  
or email [lbranquinho@livingstonnj.org](mailto:lbranquinho@livingstonnj.org) to register.*



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HEALTH