

The Bernards Township Health Department  
and Stacey Uhrig present:

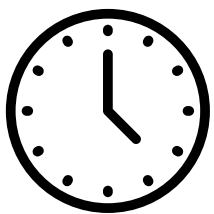
# SELF MASTERY SEMINAR SERIES

## WHAT IS TRAUMA REALLY?

Discover the significance behind the buzzword “trauma.” Join Stacey Uhrig for an insightful exploration into its impact on mental and physical well-being. **Gain a deeper understanding of this pervasive term and its relevance in today’s world.** Don’t miss out on unraveling the complexities of trauma and its implications for individuals and society.



Date  
**March 21, 2024**



Time  
**5:30pm-7:30pm**

Warren Craft Room  
Bernards Township Townhall  
1 Collyer Lane  
Basking Ridge, NJ 07920



**Call 908-204-3069 or email [ahuber@bernards.org](mailto:ahuber@bernards.org) to register**

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**Bernards Township Health Department**  
262 S. Finley Ave., Basking Ridge, NJ 07920  
[www.bernardshealth.org](http://www.bernardshealth.org) - Info: 908-204-3070

Contractual Health Agency for:  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
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