

Oakland & Franklin Lakes  
Mayors Wellness Campaigns present....

# COPING WITH CORONAVIRUS

Join us on ZOOM for this FREE Webinar

Presented by Valley Health System

Monday October 5, 2020 at 12:00 p.m.

This webinar will provide information on how to better manage the stress so many have experienced as a result of the Coronavirus. Join us and learn ways to overcome the challenges of 2020!

Register for **zoom** :  
Email Mayor's Wellness Campaign at:  
[AssistAdmin@Oakland-NJ.org](mailto:AssistAdmin@Oakland-NJ.org)



Valley  
Health  
System



FRANKLIN LAKES  
Living Healthy