Horizon NJWELL Working for a Healthy New Jersey

HorizonBlue.com/shbp



Caregiver Support: Why Put Your Own Oxygen Mask on First

Learn to recognize burnout and prioritize your well-being while supporting those who depend on you.

Caregiver Support: Why Put Your Own Oxygen Mask on First

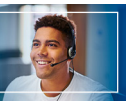
Thursday, December 17

11 a.m. - 12 p.m.

Register Now

Space is limited.

Questions?
Member Services Has the Answers. **Call 1-800-414-SHBP (7427).**



NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses/partners who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More details can be found on nj.gov/njwell/.

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