

New Brunswick

NBEF

Education Foundation

Valeria Aloe



“Creator of Abundancia Consciente”

Is Pleased To Host A Special Virtual Evening Of

“SELF-CARE AND SELF-EMPOWERMENT!!!”

Featuring An Award Winning Mental Health
Motivational And Inspirational Facilitator

Thursday, November 18, 2021

7:00 pm to 8:30 pm

(Via Zoom)

[To Register/RSVP Click Here](#)

“As a first generation to academic and professional spaces, we have been feeling high levels of stress and anxiety as we manage our multiple personal, professional, and family responsibilities. Whether you are getting ready to walk into your final exams or into difficult work meetings, these strategies will help you maintain your balance and maximize your performance.”

---- Valeria Aloe

NBEF WILL ALSO ADMINISTER A RAFFLE DRAWING TO WIN COLLEGE/PROFESSIONAL DEVELOPMENT SCHOLARSHIPS AND OTHER GREAT PRIZES!!!