

DECISION FATIGUE

SIMPLIFYING SELF CARE TASKS

CAN'T DECIDE IF I SHOULD...

CALL A FRIEND

EXERCISE

DO DISHES

DO LAUNDRY

January 10, 2023

2:00 PM

Meet ID #: 811 7298 2370

Passcode: 513838

[Zoom Link](#)



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org (609)748-2253 ext.4