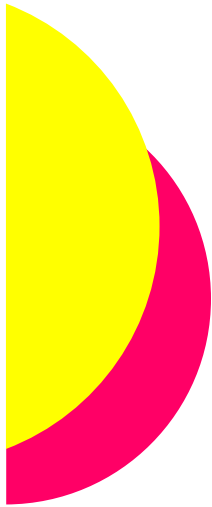


Wellness Calendar April 2019



1413 Cantillon Blvd
Mays Landing, NJ 08330

Phone: 609-829-2038
Fax: 609-829-2886
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Young Adult Stress Group— Stockton Wellness Center 3-4	2 National Chocolate Mousse Day — Inland FSC 5-630	3 Special Olympics — Young Athletes Program 430-515 ages 2.5-12	4 Cape May Tech Job Fair 2-330	5 Jersey Shore Co-Ed Non Contact Rugby— 6-7:30 48 S New York Rd— Galloway	6 Spring Fling— Noyes Arts Garage-A.C— 10-4pm
7 Sensory Friendly Easter Bunny Photos— Hamilton Mall— 830-1030	8 Coping skills workshop — Mental Health Association— Galloway 2-3pm	9 Couponing Club at 4:30 3050 Spruce Street EHT	10 Sleep Health Kramer Hall— Hammonton 12-1pm	11 Child Psychiatry Interventions that Help— 630 YALE SCHOOL Northfield	12 Lego Club— 315-435— Northfield Library.	13 Art Walk— Smithville— 10-5pm Faces 4 Autism Walk/Run Stockton University 9am
14 Easter Egg Hunt— Belleplain VFW 11-12	15 Family Fitness and Smoothies —New Day FSC -Galloway 4-	16 Family Escape Room— Inland FSC, 5-7pm	17 Shore Medical Center— Wellness to Well-Being— 3-4pm	18 Youth Fit— Cape May Fitness Center— 430-515	19 Night Walk @ the Zoo— Cape May Zoo 630-830	20 Family Swim Cape May City Elementary School 11:30-1
21 Happy Easter	22 Make your own Herb Garden, Inland FSC 1-230	23 Autism Awareness Craft— 4pm Hammonton FSC	24 Spring Break— Rides at Steel Pier— AC Boardwalk 1-6	25 Depression and Anxiety Support Group— 501 Scarborough Rd— EHT 3-4	26 South Jersey Legal Services Hammonton FSC 9-12	27 South Jersey Field of Dreams Begins
28 Earth Day-ACUA Pleasantville— 10-4	29 Fun Fitness for All— JCC Margate— 12-1 Contact: Kelly Rosenberg to register 609-822-1167	30 Children Health Fair— Inland FSC 5-7pm				