

FEBRUARY 2024 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Relationship Talk 4-5, Oceanside Family Success Center 3201 Atlantic Ave- nue, Atlantic City	2 Diabetes Prevention Group 1- 2, Oceanside Family Success Center 3201 Atlantic Ave- nue, Atlantic City,	3 Get- Air, 8 AM to 10 AM, Special needs session, Mays Landing
4 GREEK WINTER FEAST, 11:30 –8pm, 7004 Ridge Avenue Egg Harbor Township	5 Eating Disorder/Disordered Eating Support Group, 5pm Mental Health Association- Virtual-609-652-3800	6 Diaper Drive 10am-3pm- New Day Family Success Center- 622-624 S. New York Road Galloway	7 Fit Fusion, 9:15AM - 10:15AM, Wildwood Crest Library	8 Teen Art Club, 5-6pm, At- lantic City Library	9 Yoga 11:30-12:30, Oceanside family Success Center 3201 Atlantic Ave- nue, Atlantic City	10 Self-Care Saturdays: Inspira- tional Journaling, 2-3pm Avalon Library
11 Super Bowl	12 Yoga & Meditation with Inland 5:00-6:00PM Inland Family Success Center, 3050 Spruce Ave Egg Harbor Town- ship	13 Feminine Product Drive 10am-3pm-New Day Family Success Center 622-624 S. New York Road Galloway	14 	15 "Better Together" A Group for Those with Mental Health & Physical Challeng- es, 4-5pm, Oceanside Family Success Center	16 Cape May Skating- Cape May Convention Hall, Family Skate 4:00pm - 6:00pm 6:30pm - 8:30pm	17 MIKE'S SEAFOOD RUN/ WALK FOR AUTISM John F. Kennedy Blvd, (On The Promenade) Sea Isle City, NJ US 08243
18 Cape May Convention Hall Roller Skating at Convention Hall 1-3pm and 4-6pm	19 Better Together Support Group- 4-5pm, Oceanside FSC, 3201 Atlantic Ave- nue, Atlantic City,	20 Employment Café with At- lantic County One-Stop 12:00-2:00PM Inland Fami- ly Success Center 3050 Spruce Ave Egg Harbor	21 Lego Club 3:45-4:45, Oceanside Family Success Center, 3201 Atlantic Ave- nue, Atlantic City	22 "Living in the Moment" Group , 10:30am- 11:30am, MHA, 4 East Jimmie Leeds Road Galloway	23 Teen Time 3:30-4:30pm, Oceanside Family Success Center 3201 Atlantic Ave- nue, Atlantic City.	24 Harriet Tubman Museum tour in Cape May 632 Lafa- yette Street Cape May.
25 Bowling with Heroes, Bar- gaintown Fire Department, 1 - 4pm, King Pin Bowling Alley	26 Employment Assistance: One Stop Career Center 12-2PM - New Day Family Success Center 622-624 S. New York Road Galloway	27 SOS! Strategies of Success for Students w/Disabilities, 11:30-12:30, Oceanside Family Success Center, 3201 Atlantic Avenue, Atlantic City	28 ESL Level 2 11-1, Oceanside FSC	29 Parent Café with NJ4S 4:00- 5:00PM-Inland Family Success Center, 3050 Spruce Ave Egg Harbor Township		