


JANUARY 2023

WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Nami Family-to-Family- 630-9pm sessions- virtual- contact nami1557@comcast.net	3 Healthy Living with Holly- Cape May County Library-11 to 1pm	4 "Money Talks" Online Discussion Group 7-8pm, Contact kwilliams@mhanj.org for link.	5 Self-Care Awareness 4:00-5:00PM- Inland Family Success Center	6 "Lightbulb" Online Group , 3-4pm, contact- kwilliams@mhanj.org for link	7 Wolf Fitness Health Seminar- 9:00am- 801 Tilton Road, Northfield
8 Meditation Online - 7:30pm, contact kwilliams@mhanj.org for link	9 Children's Dental Health Presentation 3pm-4pm New Day Family Success Center, 622-624 S. New	10 DEALING WITH DEPRESSION SUPPORT GROUP- 7-8pm, unitedbywellness@mhanj.org	11 Family Fun Night with SNAP-ED 4:00-5:00PM- Family Success Center	12 A Parent's Guide on How to Pay For College, 7-8pm virtual: marielac@cmclibrary.org	13 Medicaid Planning- Lower Township Library 11:00am	14 Yoga Health & Wellness- EHT Recreation Center 10:30-1130
15 New Year's Party 5:30-7:00PM Inland Family Success Center	16 	17 Youth Partnership ACFSO- 6:15pm https://www.acfamsupport.org/wp-admin/admin-ajax.php?ac-	18 Yoga for Health & Wellness, 10-11am, Egg Harbor Recreation center.	19 Cooking with Nathan 5:30pm-7:30pm-New Day Family Success Center, 622-624 S. New York Road Galloway	20 Help us Help Each Other 10am-12pm, New Day FSC- 622 New York Ave, Galloway	21 New Year, New Reads Book Fair 10:00AM-12:00PM Inland Family Success Center
22 Meditation Online - 7:30pm, contact kwilliams@mhanj.org for link	23 Employment Assistance One-Stop 12pm-3pm , New Day FSC-622-624 S. New York Road Galloway	24 ACFSO In-Person Youth Partnership at 6:15pm- 950 Tilton Road- Northfield	25 Virtual Zumba 5:00pm Contact marielac@cmclibrary.org for link	26 Yoga- Cape Regional -1304 Route 47, Unit WL 5:30-6:30pm	27 Feminine Care Products & Resources 10:30AM-12:00PM Inland FSC	28 All Recovery- 7pm- Zoom Zoom (ID: 644-544-9338 Password: 12345)
29 Meditation Online - 7:30pm, contact kwilliams@mhanj.org for link	30 Free Movie Night - Happy Feet, Inland Family Success Center, 5pm	31 Mindfulness, Meditation, EHT Recreation, 11:30-12:30	