

# SEPTEMBER 2023 WELLNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Anything goes Fitness, 9:15am- 10:15am, Wild- wood Crest Library	2 Heart of Surfing, 9am- 12pm, 57th street beach.
3 End of Summer Fireworks AC 8pm	4 	5 Health Living with Holly, Gut Health, 11-1pm, Cape May Count Library- 30 Mechanic street	6 Living in the moment sup- port group- Mental Health Association. 10:30-11:30 am, 4 E. Jimmie Leeds rd, Galloway	7 "Better Together" A Group for Those with Mental Health & Physical Challeng- es. 4-5pm, 3201 Atlantic Avenue. FSC	8 American Red Cross Blood Drive, 10-3pm, Sea Isle Library, 4800 Central Ave- nue	9 Be a scout for a day, 10- 5pm. 615 East Moss Mill Road Galloway 08205	
10 First Mud Run- 9-30 - 1pm, North Wildwood- East 15th Avenue- 39- 49 dollars. Tickets <a href="#">Your First Mud Run   Best</a>	11 National Alliance on Mental Illness Support Group, t. Joseph's Catholic Church, 606 Shore Road, Somers Point- 7-9pm	12 Zumba with Kellie, 5- 6pm, Cape May Court House Library, 30 Me- chanic Street	13 Understanding Labels and Ingredients, 5-6pm, Wood- bine Community Center	14 Zumba Lower Township Library, 6-7pm	15 Coffee Chart- Atlantic County Family Support Organization. 10 am  Northfield location	16 Jump in Challenge at the Cape May Zoo. 11-2pm.	
17 Fall Container Garden- ing, 1:00pm, The Noyes Arts Garage of Stockton University	18 Feminine Hygiene Pick-Up 10-3pm, New Day Family Success Center- 622-624 S. New York Road	19 Employment Café with Atlantic County One-Stop 12:00-2:00PM- Inland Family Success Center	20 Parent Support Meeting, Atlantic County FSO, 6pm.	21 Healthy Living with Holly, Food & Mood, 5-7pm, Stone Harbor Library, 9516 2nd Avenue Stone harbor	22 South Jersey Field of Dreams Fall Baseball Begins. Regis- ter at: <a href="#">Spring Baseball Registration 2023 -</a>	23 Drop In Flu Clinic- 12-3pm Avalon Library 235 32nd Street Avalon	
24 How To Save And Fix Your Relationship/Marriage (FREE Webinar)Atlantic City- 7:30pm, <a href="https://us02web.zoom.us/j/8547870302">https:// us02web.zoom.us/ j/8547870302</a>	25 One-Stop Employment Assis- tance 12-2pm- New Day- Family Success Center, 622- 624 S. New York Road	26 Youth Partnership Group- ACFSO, 6pm, Northfield location	27 Coffee Chat- Rio Grande Family Support Organization- Rio Grande- 10am	28 Spanish Support group- virtual through ACFSO, 11am, <a href="https://us02web.zoom.us/j/88696634080">https:// us02web.zoom.us/ j/88696634080?</a> <a href="https://us02web.zoom.us/j/88696634080?pwd=Mks5WWVkbzJld0V2TlRlQTBZa1lUQT09">pwd=Mks5WWVkbzJld0V2 TlRlQTBZa1lUQT09</a>	29 FRIDAY OPEN SKATE - 7:30 PM - 10 PM  763 Park Road Hamilton Township, NJ 08330	30 Crazy Cape May Scavenger Hunt, 11-2pm 701 Beach Avenue Cape May, NJ 08204	