



Freehold COMMUNITY Wellness Center MARCH 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------------------------------|--------------|--|--|--|---|
| 1 Nami Connections 1-2:30 DBSA 3-4:30 | 2 PWSG 1-2PM DNA 3-4 | 3 CLOSED | 4 Movie at Center 1-3PM | 5 Center Business Meeting 2-3pm ShopRite, Dollar Tree 3-4:30 | 6 Computer Class (Spanish & English) 1:30-3pm | 7 Healthy Balanced Meal 1-2 Flea Market 2:30-4:30pm |
| 8 DBSA 3-4:30 | 9 DNA 3-4 | 10 CLOSED | 11 Mobile Pantry 1-2 Hearts & Minds 3-4pm | 12 HVN 2:30-3:30 Walmart 3:30- 4:45 | 13 You Are in Charge 1:30-3pm | 14 Healthy Balanced Meal 1-2pm |
| 15 Nami Connections 1-2:30 DBSA 3-4:30 | 16 Bowling 2-3pm DNA 4-5PM | 17 CLOSED | 18 Women's Group 1:30-2:30 pm Spirituality 3-4pm | 19 Spring! Center Business Meeting 2-3pm ShopRite, Dollar Tree 3-4:30 | 20 Computer Class (Spanish & English) 1:30-3pm | 21 Party!  |
| 22 DBSA 3-4:30 | 23 DNA 3-4 | 24 CLOSED | 25 Just Say Yes to Healthy Eating 1:30-2:30pm GROW 4-5PM | 26 HVN 2:30-3:30 Walmart 3:30- 4:45 | 27 Mobile Pantry 1-2pm Spiritualidad | 28 Healthy Balanced Meal 1-2pm |
| 29 DBSA 3-4:30 | 30 DNA 3-4 | 31 CLOSED | 1 PWSG- PHYSICAL Wellness Support Group | 2 DNA-Diet Nutrition Activity | 3 DBSA- Depression & Bipolar Support Alliance | 4  |

Freehold CWC: 17 Bannard St (Suite 22) Freehold, NJ, 07728
(Sun, Tue Closed) Mon, Wed, Thu, Fri, Sat, 12pm-5pm
Main Phone Number: (732-625-9485
For more information, contact Center Manager Lisa Negrón (lnegron@cspnj.org)