

DONALD MAYS WELLNESS CENTER


NOVEMBER 2021

Donald Mays Wellness Center

Address: 204 White Horse Pike Barrington, NJ 08007

Phone: (856) 429 9940

Hours: Mon, Tues & Thurs 12PM – 330PM

Monday	Tuesday	Wednesday	Thursday
1 1PM Social Diabetes 230PM High Blood Pressure	2 1PM Business Meeting 230PM Intellectual Wellness	3 Closed	4 1PM Financial Wellness 230PM Nutrition & Diet
8 1PM High Blood Sugar 230PM Coping Skills	9 1PM Exercise & dance 230PM Job Search Platform	10 Closed	11 1PM Physical Wellness 230PM Meditation Mental Wellness
15 1PM Occupational Wellness 230PM Infectious Disease	16 1PM Emotional Wellness 230PM Controlling Anger	17 Closed	18 1PM Game Day/Movie Day 230PM Social Wellness
22 1PM Intellectual Wellness 230PM Environmental Wellness	23 1PM Financial Wellness 230PM Intro to Excel	 24/25	
29 1PM Occupational Wellness 230PM Social Wellness	30 1PM Physical Wellness 230PM Diet & Exercise	For assistance or additional help contact the manager John Rice (856) 308-2287 jrice@cspnj.org	

JOIN US VIRTUALLY ON ZOOM:

ONLINE: ZOOM.US/J/3407939645?PWD=ZL010E5XSKO0VJDNR0SzUvRDRNUXUT09

CALL: 301 715 8592 & MEETING ID: 340 793 9645 & PASSWORD: 1SE8tr

