

MOVING FORWARD WELLNESS CENTER

NOVEMBER 2021

WE'RE OPEN FOR IN PERSON SERVICES!

25 Elizabeth Street 2nd Floor New Brunswick, NJ 08901

MONDAY

330PM Community Meeting
5PM Lighten Up - Healthy Eating
& Diabetes

WEDNESDAY

11AM Financial Resources
1PM Lifelong Learning

SATURDAY

330PM Meditation & Mindfulness

THURSDAY

330PM Coping w/ Stress & Anxiety
5PM Finding Your Purpose

FRIDAY

1130AM Antiracism TAFA Group
1PM Physical Wellness & Exercise

PEER SUPPORT: Call (732) 317 2920
or email center manager
Danijela Santos at dsantos@cspnj.org

JOIN US: Call 929 436 2866 & meeting ID 422 341 0552

JOIN ONLINE: zoom.us/j/4223410552

