

NEW DIMENSIONS WELLNESS CENTER

New Dimensions Community Wellness Center

Address: 77 W. Broadway Salem, NJ 08079

Phone: (856) 279 2753

Tuesday	Wednesday	Thursday	Friday	Saturday
2 Wellness Goals 4pm Gratitude 5pm Member Calls 6pm	3 Staff Meeting 4pm COVID-19 Aware 5pm Member Calls 6pm	4 Wellness Goals 4pm Gratitude 5pm Member Calls 6pm	5 Member Calls 9am Walking Group 10am Deliver Food 11am	6 Member Calls 9am Recovery Library 10am Deliver Meals 11am
9 Wellness Goals 4pm Support Group 5pm Member Calls 6pm	10 Staff Meeting 4pm COVID-19 Aware 5pm Member Calls 6pm	11 Wellness Goals 4pm Support Group 5pm Member Calls 6pm	12 Member Calls 9am Walking Group 10am Deliver Food 11am	13 Member Calls 9am Good Nutrition 11am Recovery Library 12pm
16 Wellness Goals 4pm Support Group 5pm Member Calls 6pm	17 Staff Meeting 4pm COVID-19 Aware 5pm Member Calls 6pm	18 Wellness Goals 4pm Wellness BINGO 5pm Member Calls 6pm	19 Call Members 9am Diabetes Aware 11am Walking Group 12pm	20 Member Calls 9am Recovery Library 10am Deliver Meals 11am
23 Wellness Goals 4pm Gratitude 5pm Member Calls 6pm	24 Staff Meeting 4pm COVID-19 Aware 5pm Member Calls 6pm	25 Happy Thanksgiving Center closed	26 Deliver Food 9am Walking Group 10am Member Calls 12pm	27 Business Meeting 9am Wellness BINGO 10am Member Calls 11am
30 Wellness Goals 4pm Support Group 5pm Member Calls 6pm	 To join a group virtually: Call: (978) 990 5000 Access Code: 174801#			

