

NEW HORIZONS WELLNESS CENTER

NOVEMBER 2021

WE'RE OPEN FOR IN PERSON SERVICES!

63 South Myrtle Street, Vineland, NJ 08360



MONDAY

1PM Business Meeting

130PM Meditation

TUESDAY @ 1PM

NOV 2 Therapeutic affects of Pets & **Election Day!** [Local Elections Matter!](#)

NOV 9 Christina's Support Group

NOV 16 Healthy Choices

NOV 23 Tealicious

NOV 30 Astronomy & Current Topics

Always at **2PM:** Mind & Body Group

Always at **230PM:** Art Group

WEDNESDAY

10AM GROW

Call in : 605 472 5760

Access Code: 300 1551#

THURSDAY @ 1PM

NOV 4 Stress Management

NOV 11 Jameil's Group

NOV 18 Ask the Chef

NOV 25 Happy Thanksgiving - Closed

Always at **2 PM** Trivia

Always at **530PM** GROW

Call in: 605 472 576

Access Code: 300 1551#

FRIDAY

1PM Gratitude & Intention

2PM Zoom Group

Dial 929 436 2866 & **ID** 499 671 7163

SATURDAY

10AM - 2PM: Peer Support

Join a Group: Call (978) 990 5000 and then dial the access code 200 524#

Peer Support: Call (856) 696 8921 or email center manager colausen@cspnj.org