


# UP YOUR ALLEY WELLNESS CENTER

**NOVEMBER 2021**  
**WE'RE OPEN FOR IN PERSON SERVICES!**

Sunday	Monday	Tuesday	Wednesday	Thursday
<p><b>Address:</b> 8 Liberty Street Glassboro, NJ 08028  <b>Peer Support:</b> Call Pat Leary at 856 881 2204 or email <a href="mailto:pleary@cspnj.org">pleary@cspnj.org</a>  <b>To Join a group Virtually:</b> Call 646876 9923 Meeting ID: 857 125 3344  <b>Join Online:</b> <a href="https://zoom.us/j/8571253344">zoom.us/j/8571253344</a></p>				
	1 Exercise 130pm Emotional Wellness 2pm Outreach 2-5pm	2 Exercise 2pm Hope & Healing 230pm Outreach 3pm	3 Chair Yoga 2pm Wellness w/ Lisa 230pm Outreach 3pm	4 Finance & Budgeting 2pm NAMI 230pm Outreach 3pm
7 Music Therapy 2pm Goals and Gratitude 230pm Outreach 3pm Surveys/PROUD 5pm	8 130pm Meditation Dance Therapy 2 pm Outreach 2 – 5 pm	9 Exercise 2pm Relationship Group 230 pm Outreach 2– 5pm Surveys / PROUD 5pm	10 Chair Yoga 2 pm Wellness w/ Lisa 230 pm Outreach 3pm Surveys / Update 5 pm	11 Exercise 2pm NAMI 2:30 pm Outreach 3pm Surveys / PROUD 5pm
14 Art Therapy 2pm Goals and Gratitude 230pm Outreach 3pm Surveys/PROUD 5pm	15 Exercise 130pm Grief Group 2pm Outreach 3pm	16 Exercise 2pm Spirituality w Gwen 230 pm Outreach 2– 5pm Surveys / PROUD 5pm	17 Chair Yoga 2 pm Wellness w/ Lisa 230 pm Outreach 3pm Surveys / Update 5 pm	18 Exercise 2 pm NAMI 2:30 pm Outreach 3pm Surveys / PROUD 5pm
21 Music Therapy 2pm Goals and Gratitude 230pm Outreach 3pm Surveys/PROUD 5pm	22 Exercise 130pm GROW Group 2pm Outreach 2 – 5 pm	23 Poetry 2pm Healthy Eating 230 pm Outreach 2– 5pm Surveys / PROUD 5pm	24 Happy Thanksgiving	25 
28 Art Therapy 2pm Goals and Gratitude 230pm Outreach 3pm Surveys/PROUD 5pm	29 Exercise 130 pm Taylor Care 2 pm Outreach 2 – 5 pm	30 Exercise 2pm Hope and Healing 230pm Outreach 2– 5pm Surveys/PROUD 5pm		