



RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 12:30-5pm	Monday 3-7:30pm	Tuesday 5:30-7pm	Wednesday 9:30-11:30am 3-7:30pm	Thurs closed	Friday 12:30-5pm	Sat 12:30-5pm
<i>"Love doesn't measure, it just gives." - Mother Teresa</i>						1 Emotions in Motion
2 Shopping Trip 	3 1. NJ CHOICES 2. Exploring Social Anxiety	4 Satellite Group Pemberton Library	5 1. AM Walking Group 2. Time Management Tips	6	7 Positive Self-Esteem	8 Spiritual Wellness
9 Super Bowl Party 	10 1. NJ SNAP-Ed 2. SMART Recovery	11 Satellite Group Maple Shade OLPH	12 1. AM Walking Group 2. Wellness Recovery Action Plan	13	14 Patrice: The Movie	15 Healthy Hygiene
16 Trip to see Grease	17 1. NJ CHOICES 2. Yoga and Tai Chi	18 Zoom Group	19 1. AM Walking Group 2. Hearing Voices	20	21 Heart Health	22 Understanding Communication Styles
23 Yoga and Tai Chi	24 	25 Satellite Group Maple Shade OLPH	26 1. AM Walking Group 2. UR in Charge	27	28 Trip to Beatles Experience Concert	