

MHANJ'S Community Wellness Center/Ocean County
Journey to Wellness (JTW)

Tuesday

March

Thursday

Room #1

4:15-5:00 pm

Let's Have Fun

5:00-5:30 pm

Dinner

5:30-6:15 pm

Mind Body & Soul Wellness to the Max

6:15-6:30 pm

Break

6:30-7:15pm

Open Topic Tuesday

Room #2

Room #1

4:15-5:00 pm

Be Free

Mindful Movement & Meditation:

Last Thursday

5:00-5:30 pm

Dinner

5:30-6:15 pm

Creativity in Action

Staying Sharp

6:15-6:30pm

Break

6:30-7:15 pm

Open Topic Thursday

Room #2

Silver Linings



732-914-1546 (JTW)
732-244-0940 (MHA-Ocean)

MHANJ-Ocean
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