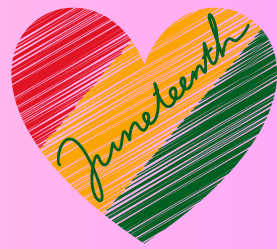


happy
Father's
Day

MHANJ'S Community Wellness Center/Ocean County



🔔 Journey To Wellness (JTW) 🔔

Tuesday June

Thursday

Room #1

Room #2

Room #1

Room #2

4:15-5:00 pm

Mind, Body & Soul

Mind Your Mood

5:00-5:30 pm

Dinner

5:30-6:15 pm

Focus Forward

Secret Society to
Saving Money

6:15-6:30 pm

Break

6:30-7:15pm

DTR



4:15-5:00 pm

Be Free You Have The Floor

Mindful Movement & Meditation: Last Thursday

5:00-5:30 pm

Dinner

5:30-6:15 pm

WRAP

Staying Sharp

6:15-6:30 pm

Break

6:30-7:15pm

WRAP

DTR



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

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Toms River NJ 08753



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