



# February WELLNESS CALENDAR

**FREE WELLNESS CLASSES AND EVENTS FOR HEALTHWEST STAFF AND PERSONS SERVED. MORE INFORMATION ON THE BACK.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				CREATIVE COPING @ 2-3:30PM NEW! CRAFTING CLUB @ 12:30-1:30PM SMART RECOVERY @ 2-3:30PM
<b>4</b> WRAP WORKSHOP 1-2:30PM SMART RECOVERY @ 2-3:30PM CREATIVE WRITING @ 3-4PM	<b>5</b> MOVING... MY WAY @ 10-11AM YOGA @ 12-1PM EXERCISE CLASS @ 4-5PM	<b>6</b> SMART RECOVERY @ 2-3:30PM	<b>7</b> LINE DANCING @ 5-6PM	<b>8</b> CREATIVE COPING @ 2-3:30PM CRAFTING CLUB @ 12:30-1:30PM SMART RECOVERY @ 2-3:30PM
<b>11</b> WRAP WORKSHOP 1-2:30PM SMART RECOVERY @ 2-3:30PM CREATIVE WRITING @ 3-4PM	<b>12</b> MOVING... MY WAY @ 10-11AM YOGA @ 12-1PM EXERCISE CLASS @ 4-5PM	<b>13</b> SMART RECOVERY @ 2-3:30PM	<b>14</b> LINE DANCING @ 5-6PM	<b>15</b> CREATIVE COPING @ 2-3:30PM CRAFTING CLUB @ 12:30-1:30PM SMART RECOVERY @ 2-3:30PM
<b>18</b> NO CLASSES DUE TO PRESIDENTS DAY	<b>19</b> MOVING... MY WAY @ 10-11AM YOGA @ 12-1PM EXERCISE CLASS @ 4-5PM	<b>20</b> SMART RECOVERY @ 2-3:30PM	<b>21</b> LINE DANCING @ 5-6PM	<b>22</b> CREATIVE COPING @ 2-3:30PM CRAFTING CLUB @ 12:30-1:30PM SMART RECOVERY @ 2-3:30PM
<b>25</b> WRAP WORKSHOP 1-2:30PM SMART RECOVERY @ 2-3:30PM CREATIVE WRITING @ 3-4PM	<b>26</b> MOVING... MY WAY @ 10-11AM YOGA @ 12-1PM EXERCISE CLASS @ 4-5PM	<b>27</b> SMART RECOVERY @ 2-3:30PM	<b>28</b> LINE DANCING @ 5-6PM CHRONIC PAIN SUPPORT GROUP @ 6-7PM	

## CHRONIC PAIN SUPPORT GROUP

LAST THURSDAY OF EVERY MONTH  
 6 PM - 7 PM  
 HEALTHWEST MHC BOARD ROOM A

This is a Cold Burnings CRPS and Chronic Pain Support Group for individuals with chronic pain or disorders causing chronic pain. Family members and caregivers of chronic pain patients are also welcome.

CONTACT: STEPH UMLOR AT  
 STEPHUMLOR.CRPS@GMAIL.COM

## YOGA

TUESDAYS  
 12 PM - 1 PM  
 HEALTHWEST MHC BOARD ROOM A

Gentle yoga for all abilities taught by Peter Violino. Staff and clients welcome; there is no need to sign up - just show up!

CONTACT: JOY VANDERVEN AT 231-724-1104

## CREATIVE COPING

FRIDAYS  
 2 PM - 3:30 PM  
 HEALTHWEST MHC CONFERENCE ROOM 3

This group will help foster insight, awareness, and the ability to take control of your life through coping skills by using education, group exercise, discussion, and homework assignments.

CONTACT: DAVE KENNEDY AT 231-724-3622  
 OR KASSANDRA GANSEN AT 231-327-4712

## CREATIVE WRITING

MONDAYS (EXTENDED THROUGH MARCH 25TH)  
 3 PM - 4:30 PM  
 HEALTHWEST MHC

This new group will provide participants with a quiet, calm space where they can reflect and write on a variety of topics. Participants will then have the opportunity to share their writing with other like-minded people.

CONTACT: KERRY BASHAM AT 231-724-8875  
 OR STACIE PETERSEN AT 231-724-3612

## EXERCISE CLASS

TUESDAYS (ENDS FEB. 26)  
 4 PM - 5 PM  
 HEALTHWEST MHC BOARD ROOMS B&C

This group will help participants get back on track after the holidays and avoid packing on the winter weight by leading them through a series of workout videos. Individuals of every fitness level are welcome.

CONTACT: ALISSA OLSEN AT 231-724-1177  
 OR SAM WOLFF AT 231-724-8866

## LINE DANCING

THURSDAYS  
 5 PM - 6 PM  
 ALLEN AVENUE CHRISTIAN REFORMED CHURCH - 695 ALLEN AVE IN MUSKEGON

The popular Line Dancing class returns to Allen Avenue Christian Reformed Church. Bring a friend! This class is open to the community and is fun for all abilities.

CONTACT: STACIE PETERSEN AT 231-724-3612

## MOVING... MY WAY

TUESDAYS  
 10 AM - 11 AM  
 HEALTHWEST MHC BOARD ROOM B

This seated fitness group provides gentle movement that ALL can participate in. Anyone who wants to improve their physical health and who are new to fitness groups should participate.

CONTACT: DANNA BEAM AT 231-724-6060

## SMART RECOVERY

MONDAYS, WEDNESDAYS & FRIDAYS  
 2 PM - 3:30 PM  
 HEALTHWEST MHC BOARD ROOM C

This is an abstinence based, self-help support group (NOT a 12-step program) for both men and women based on concepts of Rational Emotive Behavior Therapy.

CONTACT: LAUREN BODINE AT 231-724-3636  
 OR PATTY MAPES AT 231-724-4884

## CRAFTING CLUB

FRIDAYS  
 12:30 PM - 1:30 PM  
 HEALTHWEST MHC

Any and all crafters are welcome to join this healthy habits group! We'll be doing paper crafts and card making, with paper supplies provided. Those wanting to bring in their own craft projects and work alongside others are also encouraged to attend.

CONTACT: JOANNA GOERBIG AT 231-332-3848

## WRAP WORKSHOP

MONDAYS  
 1 PM - 2:30 PM  
 HEALTHWEST MHC BOARD ROOM B

This 8-week session will help you feel better, take control of your life, and decrease or prevent troubling feelings/behaviors. It's led by facilitators who are using their own WRAPs.

CONTACT: DANNA BEAM AT 231-724-6060



# HealthWest