

March WELLNESS CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
WRAP WORKSHOP 1-2:30PM SMART RECOVERY @ 2-3:30PM CREATIVE WRITING @ 3-4:30PM 4	MOVING... MY WAY @ 10-11AM YOGA @ 12-1PM 5	SMART RECOVERY @ 2-3:30PM 6	NEW! WALKING CLUB 11 AM-12PM LINE DANCING @ 5-6PM 7	CREATIVE COPING @ 2-3:30PM CRAFTING CLUB @ 12:30-1:30PM SMART RECOVERY @ 2-3:30PM 1
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SMART RECOVERY @ 2-3:30PM CREATIVE WRITING @ 3-4:30PM 25	MOVING... MY WAY @ 10-11AM 26	SMART RECOVERY @ 2-3:30PM 27	WALKING CLUB 11AM-12PM CHRONIC PAIN SUPPORT GROUP @ 6-7PM 28	CREATIVE COPING @ 2-3:30PM CRAFTING CLUB @ 12:30-1:30PM SMART RECOVERY @ 2-3:30PM 29

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

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

WALKING CLUB

THURSDAYS
 11 AM - 12 PM
 LC WALKER ARENA

Let's walk at LC Walker! Walking Club returns Mondays at LC Walker in Downtown Muskegon. Join HealthWest staff and persons in services for a walk. Open to the community - bring a friend!

CONTACT: STACIE PETERSEN AT 231-724-3612
 OR RANDY POWERS AT 231-724-1373

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

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

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

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

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

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

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

