

Wellness Connection 2018



| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|-------|-----|------|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23/30 | | 25 | 26 | 27 | 28 | 29 |

SEPTEMBER SCHEDULE

Tuesday

- 10:15 - 11:00 "It's a walk in the park!" - **Weekly**
- 11:00 - 12:00 Step by Step to Recovery - **Weekly**
- 12:00 - 1:00 **EA (Emotions Anonymous) - Weekly**
- 1:00 - 2:00 "Who are the **Safe People** to be around." - **Weekly**
- 2:00 - 4:00 MOVIE and snacks - **Weekly**

5:30 - 7:00 NAMI-BG Family and Consumer Support Group Meetings (First and Third Tuesdays)

NAMI Membership: Free Music CD to anyone signing up for the first time!! Ask someone!

Wednesday

- 10:15 - 11:00 Stretching and Tai Chi for Beginners - **Weekly**
- 11:00 - 12:00 "What does food have to do with anything?" - **Weekly**
- 12:30 - 1:30 DTR (Double Trouble in Recovery) – 12 step program for those with mental illness and an Addiction (co-occurring disorders, dual-diagnosis) – Weekly**
- 2:00 - 3:00 "Getting and staying motivated." - **Weekly**
- 3:00 - 4:00 Art/Craft or Drama therapy - **Weekly** (We supply everything)

Thursday

- 10:00 - 11:00 Just for fun - **Weekly**
- 11:15 - 1:00 **HOW to** Change your brain - change YOUR life! - **Weekly**
- 1:00 - 2:00 Book Club - Read and discuss selected book together - **Weekly** *Coming Soon: "Extreme Ownership"*
Mental Health Topic/Video and discussion - **Weekly**
- 2:00 - 3:00 KYStars Recovery Support Group - Weekly .. You can recover from Mental Illness/Addiction!**
Adult Coloring - **Weekly** (We supply everything!)
- 3:00 - 4:00 Game time/Free Time

Now providing snacks or light lunch items. Bring your own drink.

Wellness Connection – 428 Center Street – Bowling Green, KY 42101 – 270-796-2600
www.namibg-wellnessconnection.com *Peer Counseling by appointment!*