



January Wellness Calendar

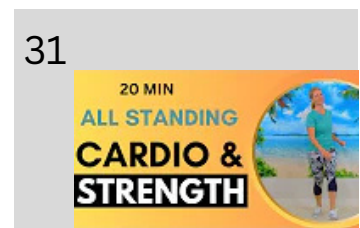
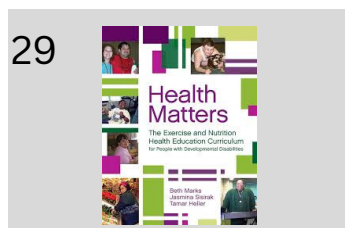
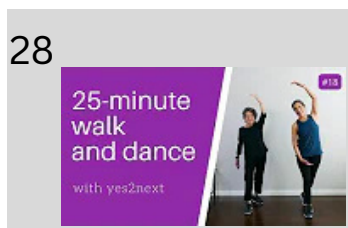
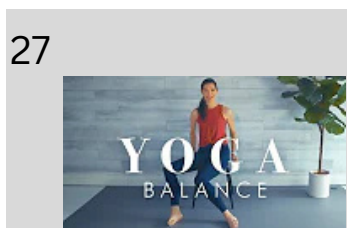
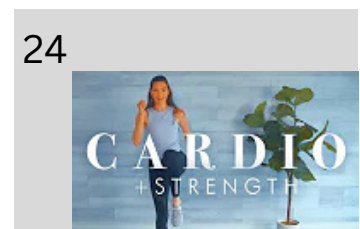
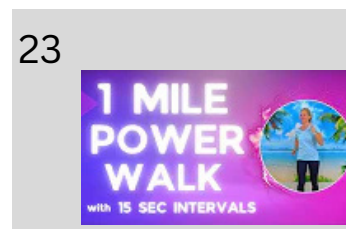
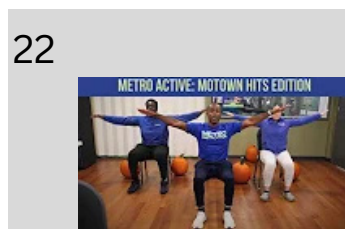
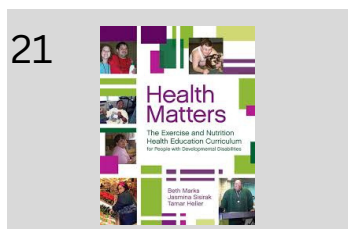
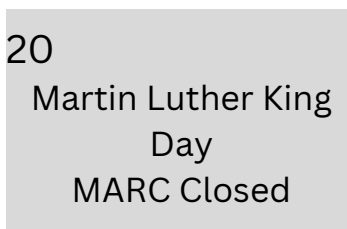
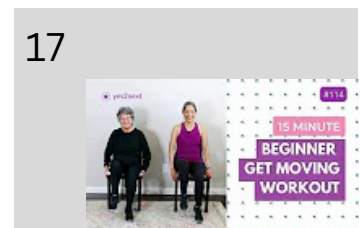
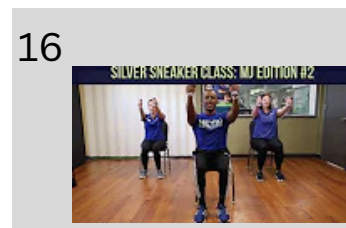
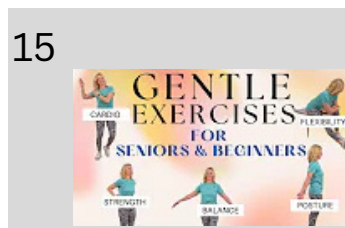
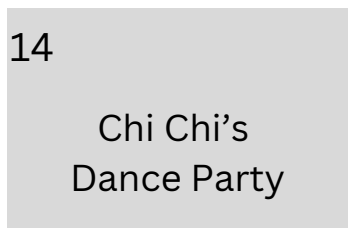
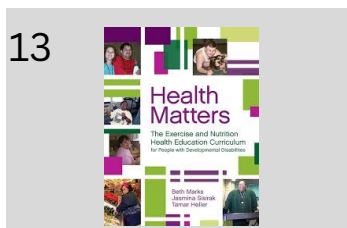
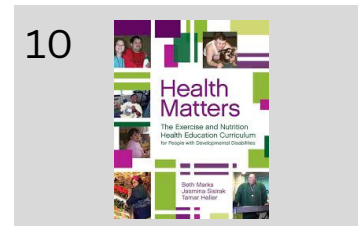
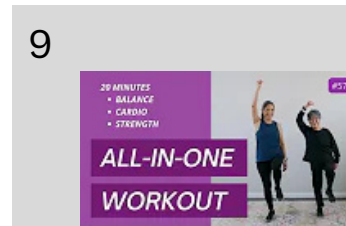
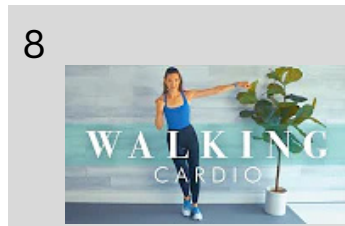
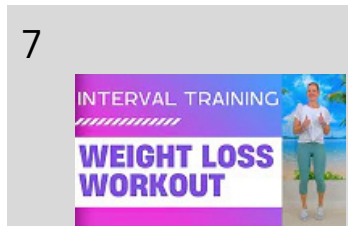
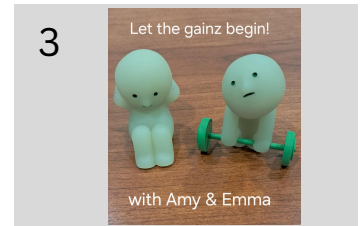
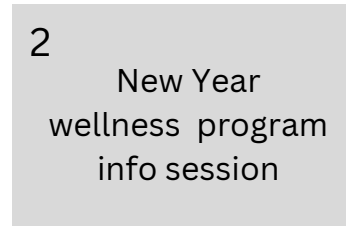
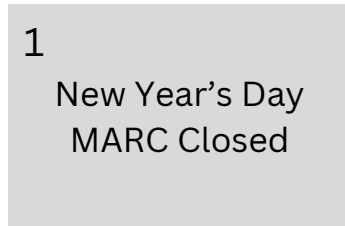
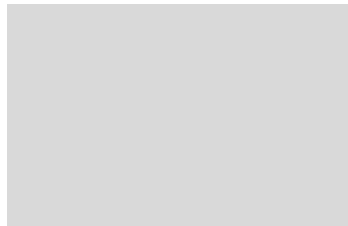
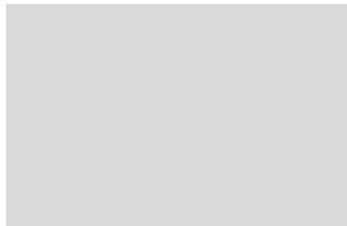
Monday

Tuesday

Wednesday

Thursday

Friday



All activities take place in the 151 Sheldon Rd. fitness center from 12:30 pm - 1:30 pm and are open to all people served and staff. Please see Amanda Moore with any questions. amoore@marcct.org