



**WELLSTRONG**

RECOVERING TOGETHER

# JANUARY SCHEDULE

## MONDAY

**7AM-7PM**  
Open Gym

**8-8:20 AM**  
Meditation  
*Zoom Only*

**9 AM**  
Barre

**6 PM**  
Refuge Recovery  
Meeting

## TUESDAY

**7AM-7PM**  
Open Gym

**8-8:20 AM**  
Meditation  
*Zoom Only*

**9 AM**  
Strength

**6:30 PM**  
Recovery Meeting

## WEDNESDAY

**7AM-7PM**  
Open Gym

**8-8:20 AM**  
Meditation  
*Zoom Only*

**9 AM**  
Yoga

**3 PM**  
Woman's 12-Step  
Meeting

**4:15 PM**  
Yoga

## THURSDAY

**7AM-7PM**  
Open Gym

**8-8:20 AM**  
Meditation  
*Zoom Only*

**8 AM**  
STRONG

**9 AM**  
Barre

**5 PM**  
Spin

**5 PM**  
Pickleball Club  
*Gus Carty  
Rec Center*

**6:30 PM**  
Yoga  
12-Step Meeting

## FRIDAY

**7AM-7PM**  
Open Gym

**9 AM**  
Barre

**6 PM**  
Drum Circle

## Program Membership Key

- Class Membership Needed  
\*Must be in recovery from SUD
- Gym Membership Needed  
\*Must be in recovery from SUD
- Open To Anyone

**REGISTER NOW**



## SATURDAY

**8AM-12PM**  
Open Gym

**8-8:20 AM**  
Meditation  
*Zoom Only*

**9 AM**  
Yoga

## SUNDAY

**8-8:20 AM**  
Meditation  
*Zoom Only*

**8:30 AM**  
Group Walk  
*Goodwill Park*

Sign up with the  
WellStrong App





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# JANUARY EVENTS

## Recovery Hypnosis & Sound Healing

Saturday, January 11th  
4:30-5:30PM

### WellStrong

FREE to attend.  
Dress comfortably.  
Donations are appreciated.  
**MUST BE IN RECOVERY**

## Breakfast Club

Saturday, January 11th  
10:30 -12PM

### WellStrong

FREE to attend.  
If you bring food, please be  
mindful of common food  
allergies.  
**ALL ARE WELCOME**

REGISTER NOW



*Sign up with the  
WellStrong App*



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