



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 Canty 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



Sign up with the
WellStrong App



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



WELLSTRONG

RECOVERING TOGETHER

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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