Monday Tuesday Wednesday Thursday Friday

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| **February 2020**  **Free Health and Wellness Classes** |  | |  | |  | |  | |
|  |  | |  | |  | |  | |
| **Tai Chi** 2pm-3pm  (Fitness Room | **Anger Management** 2pm-3pm (Wellness Classroom) | |  | | **Yoga 1pm-2pm** (Fitness Room)  **Creative Art** 2pm-3pm  (Wellness Classroom) | |  | |
| **03** | **04** | | **05** | | **06** | | **07** | |
|  |  | |  | |  | |  | |
| **Journey into Mindfulness** **Group** 1pm-2pm  (Wellness Classroom)  **Tai Chi** 2pm-3pm  (Fitness Room | | **Anger Management** 2pm-3pm (Wellness Classroom) | |  | | **Yoga 1pm-2pm** (Fitness Room)  **Creative Art** 2pm-3pm  (Wellness Classroom))  SNAP-Ed **NY –** 3pm-4pm **Recipe:** Eating Right When Money is Tight, (Wellness Classroom) | |  | |
| **10** | | **11** | | **12** | | **13** | | **14** | |
| **Journey into Mindfulness** **Group** 1pm-2pm  (Wellness Classroom)  **Tai Chi** 2pm-3pm  (Fitness Room | | **Anger Management** 2pm-3pm (Wellness Classroom) | |  | | **Yoga 1pm-2pm** (Fitness Room)  **Creative Art** 2pm-3pm  (Wellness Classroom) | |  | |
| **17** | | **18** | | **19** | | **20** | | **21** | |
| **Journey into Mindfulness** **Group** 1pm-2pm  (Wellness Classroom)  **Tai Chi** 2pm-3pm  (Fitness Room | **Anger Management** 2pm-3pm (Wellness Classroom) | |  | | **Yoga 1pm-2pm** (Fitness Room)  **Creative Art** 2pm-3pm  (Wellness Classroom) | |  | |
| **24** | **25** | | **26** | | **27** | | **28** | |

**Niagara Wellness Connection Center, Niagara Falls Memorial Medical Center 621 10th Street, 6th Floor, Niagara Falls NY 14302 #278-4541**

Monday Tuesday Wednesday Thursday Friday

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| **February 2020**  **Free Community Support Kiosks** |  | |  | |  | |  | |
|  |  | |  | |  | |  | |
| **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8:00am-4:00pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm,  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | |
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| **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-3pm  **Financial Counselor** 1pm-4pm | | **Care Coordinator** 8:00am-4:00pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | |
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| **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm  **SBIRT Screens** 1pm-3pm | | **Care Coordinator** 8:00am-4:00pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | |
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| **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8:00am-4:00pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | | **Care Coordinator** 8am-4pm  **NYS Marketplace Navigator** 9am-4pm | |

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