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 |
|  |  |  |  |  |
| **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 |
|  |  |  |  |  |
| **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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