

November 8th, 2015 New Bedford Wellness Schedule



Wellness program

For Adults

Sunday, November 8th Schedule

Boys and Girls Club of Greater New Bedford

Introductory Pilates with Joan 11:00-11:50am
Nutrition and Seasonal Food Demo with Mike 12:00-12:50pm
Introductory Yoga with Marcia 1:00-1:50pm
Smoking Cessation with Southcoast Wellness Van 1:00-1:50pm
Mindfulness with Jessica 2:00-2:50pm

Certified Instructors FREE Open to the public www.NBeWell.com