

NEW BEDFORD WELLNESS INITIATIVE

Raising health awareness and taking steps for a **WELL** community



FREE WELLNESS PROGRAMS FOR ADULTS

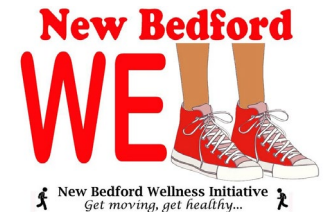
Greater New Bedford Boys and Girls Club
166 Jenney St, New Bedford, every Sunday 11 am to 3 pm

- Cardiovascular Exercise
- Nutrition Education
- Yoga
- Mindfulness
- Massage – monthly
- Qigong - monthly
- Southcoast Health Van - monthly



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MONTHLY WELLNESS WALK

First Saturday of every month. Hawthorn Medical Cardiologist Dr. Michael Rocha leads participants on a walk – do the whole route or whatever you can at your own pace.

- November – March at Dartmouth Mall Movie Entrance 9 am
- April – October at Buttonwood Park Zoo Entrance at 10 am



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 For more information, visit nbewell.com
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