

- Want to learn about Wellness Recovery Action Plan Trainings?
- Need help getting Food Stamps
- Want to go to a Wellness Fair?
- Looking for a 12 Step Program in town?
- Looking for a hot meal?
- Looking for a food pantry?
- Need to talk to someone?
- Want to get involved?

Stop by the 3rd floor and visit Leonard Campbell or call 617-788-1016 for information.

or

John Gardner,

[jgard33@gmail.com](mailto:jgard33@gmail.com)

or 617-230-6522

### Well-ness

The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.

(source: The American Heritage Stedman's Medical Dictionary)



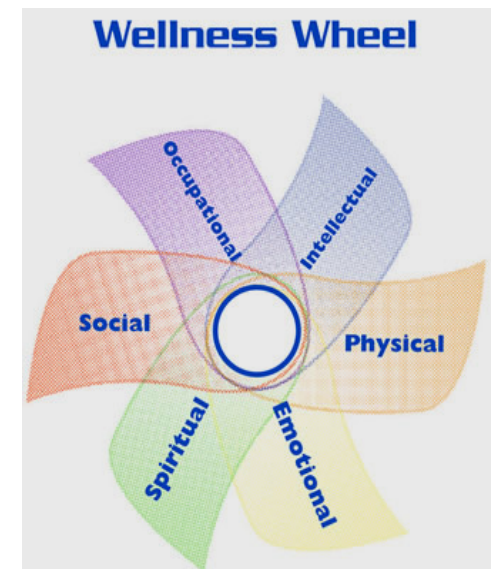
Center Club

31 Bowker Street

Boston, MA 02114

617-788-1000

# Center Club Wellness



Tel: 617-788-1000 Main # Center Club

## Ways to get & stay

### WELL At Center Club

- Join the GYM!

Center Club provides members with a free membership to the Erich Lindemann Mental Health Center gym. A letter from your PC doctor stating that you are well enough to use the gym and an orientation are required. Get a group of members together and make it a fun time!



- Talk with the BENEFITS SPECIALIST



From Project Impact: Marit Young is here to meet with members about starting work and discussing benefits once every month (Fridays only)

from 10:30am -12:30 pm for 15 minute sessions.

- Get some TRAINING

The Education Room has Boston University Medical Website Training that teaches you to decipher reliable medical information found online.

### Participate in a MEETING!

#### 1. DUAL RECOVERY ANONYMOUS:

Is for members who are recovering from a mental illness, as well as a physical illness, or an addiction. This group meets every Tuesday at 2:30pm in the conference room on the 3rd floor.

#### 2. MENU PLANNING:

Join the Food Service & Social Activities Unit on the 2nd floor the second to last Tuesday of every month at 11am to plan the next month's menu. Fresh fruit and vegetables are regularly served. Participate in discussions around **Health driven ideas**

for the continued serving of **balanced meals.**



#### 3. WELLNESS DISCUSSION:

Many different topics such as disease prevention (incl. diabetes & cancer), as well as general nutrition, will be discussed. We meet twice a month, on the 2nd and 4th Wednesday of from 2-3 pm. Contemporary informational DVDs are being shown consistently. A great way to learn about staying healthy!

#### 4. SOCIAL PROGRAM

The Center Club offers our members a wide array of social activities that are interesting and enjoyable. This is a great way to make friends and have some fun! Check out the monthly calendar and weekly schedules for updated information on upcoming trips. Also feel free to sign out free museum passes, purchase discount movie tickets for yourself, and see what's posted on the Social Board on the 2nd floor!

- Come to the GYM as a group

Center Club goes to the Erich Lindemann Mental Health Center gym as a group every Wednesday 3:20-4:30pm. Gym itself is open Monday through Friday weekly.

