

SECOND WIND'S SUMMER 2021 SCHEDULE!!!!

Please call this number to schedule a group and a ride (if needed) a week in advance!!

860-253-5031, Club's Landline!!



MONDAYS

| | | |
|-------------------|----------------------|-----------|
| Dual Recovery | In-House (5 maximum) | 10am-11am |
| Creative Crafting | In-House (5 maximum) | 1pm-2pm |
| Chasing Wellness | In-House (5 maximum) | 2 pm-3pm |

TUESDAYS

| | | |
|----------------------|----------------------|---------------|
| Practicing Self-Care | In-House (5 maximum) | 10am-11am |
| Coping with Life | In-House (5 maximum) | 1pm-2pm |
| Accepting Change | In-House (5 maximum) | 2:30pm-3:30pm |

WEDNESDAYS

| | | |
|-------------------|----------------------|---------------|
| I Am, Self-Esteem | In-House (5 maximum) | 10am-11am |
| Recovery Works | In-House (5 maximum) | 11am-12pm |
| Get Grounded! | In-House (5 maximum) | 2:30pm-3:30pm |

THURSDAYS

| | | |
|--------------------------|----------------------|-----------|
| Mindful Movement | In-House (5 maximum) | 10am-11am |
| Working in a New Climate | In-House (5 maximum) | 11am-12pm |
| Smoking Cessation | In-House (5 maximum) | 1pm-2pm |

FRIDAYS

| | | |
|---------------------------------------|----------------------|-----------|
| Healthy Habits/Mental Health Check-In | In-House (5 maximum) | 10am-11am |
| The Great Outdoors | Curbside (7 maximum) | 1pm-2pm |