

Connections Enhanced Wellness Initiative: This program will help you to achieve your wellness goals by assisting you with taking control of your health, gaining access to community classes, etc. All Connections groups and classes are part of the Enhanced Wellness program. If you haven't signed up and are interested, please let us know.

Creativity Club: Some of the most beautiful things are created with your own hands and imagination! We have a variety of materials to get you started (or feel free to bring your own project from home). You can sew, knit, paint, color, and the list goes on. Come connect with your creativity and spend time in a friendly and welcoming place.
We will meet on Fun Fridays from 1:00pm until 3:00pm. T.

Fresh Air Club/Tobacco Recovery Support Group: Peer Support for gentle tobacco recovery. Learn about strategies and resources to support your success. Becoming tobacco free is a process. Hear inspirational stories from our members and learn how you can be successful. **This group is on Healthy Tuesdays from 2:00pm until 3:00pm.**

Healthy Living: Healthy living activities continue now as part of *Healthy Tuesday and Wellness Wednesday*. Healthy Tuesday focuses on physical activity and will feature yoga at YogaVibe Studio as well as a walking group to explore nearby neighborhoods. Wellness Wednesday will feature the next series of Cooking Matters classes, beginning on September 6 and completing in mid-October. On the days with a planned physical activity, please dress appropriately and bring a water bottle. If you need help figuring out what to wear, please give us a call and we will be happy to help you. **Please check your September Connections Calendar for times. T.**

LGBT Group: This special group will meet to discuss relationships, sexuality, health, religion, mental health, and stress among many other topics. **Group will meet on the second and fourth Wellness Wednesday of September from 2:00pm until 3:30pm.** Transportation is available for groups this month. For more information, please contact Connections.

Nurturing Your Spirit: What is spirituality? What does spirituality mean to you? How can you enhance spirituality and your recovery? This group will explore the answers to those questions and many more. Please join us for this special group on Friday, September 29. **T.**

Recovery Support Group: *Thriving Thursdays is focused on recovery support!* During group you can share your thoughts, discuss problems and release tension. This is a healing place for you and your peers to help each other provide mutual support and grow - with no judgment! We continue working on WRAP planning at the beginning of the meetings. **This group meets on Thursdays from 2:00pm until 3:30pm. T.**

Women's Worth: This group is focused on women's issues. Anyone who identifies as female is welcome. **Women's Worth will meet on Wellness Wednesday, September 27 from 2:00pm until 3:30pm. T.**