Human Services Center

130 West North Street New Castle, PA 16101

Health and Wellness Group

Begins: November 14, 2019 and will be for 6 weeks on Thursdays from 2:00 PM to 3:30 PM

Where: In the conference/family room on the 1st floor at the Center

What to expect:

Session 1: November 14th – Introduction to Wellness & Physical Wellness

Session 2: November 21th- Emotional Wellness

Session 3: December 5th -Occupational and Financial Wellness

Session 4: December 12th - Social and Spiritual Wellness

Session5: December 19th -Sexual and Environmental Wellness

Session 6: December 26th -Intellectual Wellness/ Wrap up

Individuals can join at any time. Registration closes November 13th

Please contact Kayla Fee, MA, LPC (724-498-0730) / Rachel Ferrari Intern (724-510-3369)

Most private insurance accepted