




HOBOKEN WELLNESS WEDNESDAYS

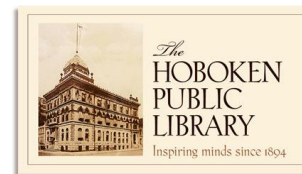
WHEN

One Wednesday per month
6:30 – 7:30 PM

WHERE

Hoboken Public
Library (500 Park Ave.)

-  hobokennj.gov/greenteam hobokenlibrary.org
-  Hoboken Green Team Hoboken Public Library
-  @CityofHoboken @hobokenlibrary #wellnesswednesdays



JANUARY 24

SNOW DATE: JAN 31

Make-Your-Own Organic Body Scrub

Thuy Tran

FEBRUARY 21

SNOW DATE: FEB 28

Role of Nutrition in Mental Health

Eileen Fahey

MARCH 21

SNOW DATE: MAR 28

Eat to Manage Your Pain & Inflammation

Barbara Chase

APRIL 25

Light on Happy: Power of Positivity & Gratitude

Kate Lombardo

MAY 23

Transform Your Thoughts: Power of Meditation

Danika Colucci

JUNE 13

Create Your Wellness-Minded Pregnancy Team

Dr. Dina Sgambati

JULY 18

Heal Your Shoulder Pain

Dr. Anthony Orlando

AUGUST 15

Mindful Movement: Introduction to Qi Gong

Dean Graham

SEPTEMBER 26

Healthy Eating for the Busy Person

Elisabeth Holtzer

OCTOBER 10

Moderation Mode: Make It "Fit" In 24 Hours

Kim Sauer

NOVEMBER 14

Relaxation & Better Posture with Feldenkrais

Suzanne Ausnit

DECEMBER 12

Drawing as Meditation

Liz Ndoye

For more information about individual programs, visit www.hobokennj.gov/greenteam/#ww