New Bern Wellness City
1311 Health Drive, New Bern
Phone: (252)672-8781
Mon, Wed, Thurs & Fri: 9:00a-5:00p;
Tuesday: 9:00a-8:00p &
Saturday: 11:00a-3:00p

9:30a-10:30a Awaken the Spirit Within Loyal
11:00a-12:00p Rhythm of Recovery Cathy
12:15p-1:15p Pet Therapy Chris
1:30p-2:30p Eating Disorder Recovery Jonette
3:15p-4:15p Self Reflection Cathy

9:30a-10:30a Take Back Your Space Jonette
10:45a-12:45p Recovery in Film Cathy
1:00p-2:00p Quick Cooking Jonette
3:00p-4:00p Growing a Garden Pamela
5:00p-6:00p Crochet for Wellness Yvonne
6:00p-7:00p Anger Management Pamela

9:30a-10:30a Guided Imagery Kristen
10:45a-11:45a Art for Recovery Yvonne
12:15p-1:15p ALPHA Workshop Loyal
1:30p-2:30p Healthy Boundaries Chris
2:30p-3:30p Anxiety—What? Me Worry? Kristen
3:45p-4:45p Skill Builders 101 Yvonne

9:30a-10:30a Walking for Wellness Loyal
10:45a-11:45a Creating a Healthier Life Pamela
12:00p-1:00p Sleep Hygiene Kristen
2:00p-3:30p Self-Esteem Yvonne
3:45p-4:45p Wellness Toolbox Cathy

9:30a-10:30a Meditation Loyal
11:00a-12:00p Journaling for Wellness Kristen
12:30p-1:30p Karaoke Pamela
2:00p-3:00p Moving & Grooving Chris
3:15p-4:45p Jewelry Making Yvonne

11:15a-12:15p Community Café ALL
12:30p-1:30p Art, Games & Music ALL
1:45p-2:45p Creative Writing ALL
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<th><strong>Wellness Toolbox</strong></th>
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Each class we conduct is based upon at least one of these NINE DIMENSIONS OF WELLNESS

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<th>Emotional Wellness</th>
<th>Acceptance of feelings and the ability to manage them in healthy ways</th>
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<td>Financial Wellness</td>
<td>Achieving personal economic stability and growth</td>
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<tr>
<td>Home &amp; Community Living</td>
<td>Creating a home of your choice in the neighborhood and community you choose</td>
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<td>Intellectual Wellness</td>
<td>An ongoing curiosity and learning which enhances your understanding of life</td>
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<td>Occupational Wellness</td>
<td>Contributing your unique gifts in rewarding ways through work or volunteering</td>
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<td>Physical Wellness</td>
<td>Living in harmony with, and awareness of, your body’s needs</td>
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<tr>
<td>Recreation &amp; Leisure</td>
<td>Enjoying meaningful activities and sharing good times with others</td>
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<tr>
<td>Social Wellness</td>
<td>Developing active and mutually respectful interactions with others</td>
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<tr>
<td>Spiritual Wellness</td>
<td>Seeking meaning and purpose in life by connecting from within and outside of self</td>
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**ALPHA Workshop**
In this class, you will get (re) acquainted with reading, writing, public speaking, role-play, and other skills that you’ll need to do well in PET.

**Anger Management**
Learn techniques that will allow you to take back your power and manage anger using recovery tools.

**Anxiety—What? Me worry?**
Anxiety can be a crippling emotion preventing us from enjoying our lives. Here we will lean skills to copy with the symptoms of anxiety. Gain a new perspective on how to live with anxiety successfully.

**Art, Games & Music**
Come and join us as we use different mediums such as art, games and music as wellness tools and have fun, too!

**Art for Recovery**
Delve into different forms of art and how art can be a form of expression, a wellness tool and a lot of fun, too!

**Awaken the Spirit Within**
Gain an understanding of spirituality, learn tolerance for other belief systems, and explore how to draw comfort and strength from inside and outside yourself.

**Community Café**
Have a cup of coffee, catch up on the news, connect with others and prepare for a day of insightful recovery education.

**Creating a Healthier Life**
Explore your physical, mental and spiritual wellness to enable us to create great health in those areas by making small adjustments in our daily life.

**Creative Writing**
Express yourself! Promote your recovery by stretching your imagination and communication skills with creative expression.

**Crochet for Wellness**
Learn the basics of crocheting and how it can be a great tool to add to your Wellness Toolbox.

**Eating Disorder Recovery**
In this class, we will go over the different types of eating disorders, the signs to watch for and the dangers of having an eating disorder.

**Guided Imagery**
Delve into using positive thinking to reach wellness by imagining a comfortable, peaceful place. Using visual and auditory stimulation, this course offers an opportunity to reach relaxation and serenity.

**Growing a Garden**
Would you like to know how to grow a garden? Join us as we explore the world of gardening and learn not only the basics of gardening but also how soothing and relaxing it can be.

**Healthy Boundaries**
When we are able to clearly communicate what we need in our personal and working relationships, we learn to be more mutual, positive and authentic. Here we explore the importance of boundaries so we can create healthy relationships.

**Jewelry Making**
Come and join us as we learn how to make jewelry. It’s a fun, interactive class and can be a wellness tool, too!

**Journaling for Wellness**
Use the power of journaling to promote overall healing and emotional wellness as a wellness tool for better living.

**Karaoke**
Want to belt out a tune? Come listen and have fun with us!

**Meditation**
Meditation is a great stress reducer and relaxation technique! Learn to de-stress by learning different techniques and practicing them in a group setting.

**Moving & Grooving**
Move your tail feathers! Learn how music and dancing can help improve your self esteem and emotional intelligence.

**Pet Therapy**
Calling all animal lovers! Come and enjoy spending time with animals in a healing environment.

**Quick Cooking**
In this class, learn how to create healthy and nutritious meals on a low budget.

**Recovery in Film**
Recovery is portrayed in many of our favorite films. Join us as we watch a movie and explore the recovery journeys they portray.

**Rhythm of Recovery**
Use music to increase wellness and recovery through developing musical respect for various types of music.

**Self Esteem**
Learn ideas and strategies that are helpful in relieving and preventing the troubling feelings and symptoms of low self-esteem.

**Self Reflection**
Gaining awareness of ourselves through self reflection can help us make changes in our environment, achieve personal growth and become unstuck.

**Skill Builders 101**
In this class you will learn the differences between needs and wants and apply them to real world situations.

**Sleep Hygiene**
Difficulty sleeping? Discover the science behind a restful night’s sleep.

**Take Back Your Space**
Explore the benefits of a Happy Living Space by identifying and creating your own ideal living space.

**Town Hall**
Join our public forum to encourage others and celebrate achievements. Plus use this forum to let your voice be heard and share your ideas for your Wellness City!

**Walking for Wellness**
Walking can be a very powerful wellness tool. Take a walk and explore how walking can benefit your own life and recovery journey.

**Wellness Toolbox**
Find the recovery and coping tools that are right for your toolbox to promote and maintain your wellness.