

# April 2024

**WISHING WELLNESS CENTER**  
 24 Church St. Cortland, NY 13045  
 (607)756-5992 Ext 170

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Appointment Only	<b>2</b> Open 9am-12pm 1pm-3pm	<b>3</b> Activities 130p-330p	<b>4</b> Staff Develop- ment Day	<b>5</b> Appointment Only	<b>6</b>
<b>7</b>	<b>8</b> Appointment Only	<b>9</b> Open 9am-12pm 1pm-3pm	<b>10</b> Open 130p-330p	<b>11</b> Open 9am-12pm 1pm-3pm	<b>12</b> Appointment Only	<b>13</b>
<b>14</b>	<b>15</b> Appointment Only	<b>16</b> Open 9am-12pm 1pm-3pm	<b>17</b> ATI Workshop 130p-230p	<b>18</b> Open 9am-12pm 1pm-3pm	<b>19</b> Appointment Only	<b>20</b>
<b>21</b>	<b>22</b> Appointment Only	<b>23</b> Open 9am-12pm 1pm-3pm	<b>24</b> Open 130p-330p	<b>25</b> Open 9am-12pm 1pm-3pm	<b>26</b> Appointment Only	<b>27</b>
<b>28</b>	<b>29</b> Appointment Only	<b>30</b> Open 9am-12pm 1pm-3pm				

Hours: M-F  
 8:30am-4:00pm  
 By Appointment

Closed Daily-12pm-1pm



CARING FOR OUR COMMUNITY ONE PERSON AT A TIME



All of us at the Wellness Center ready for spring and activities!! Join us on April 3rd from 1:30pm-3:30pm to build and paint a bird house!

Stop by on April 17th from 1:30pm-2:30pm for another Wellness Workshop with our friends from Access to Independence. Topics in this workshop will be “eating healthy on a budget” and “self-care on a budget”.



April 23rd join us in wearing blue to spread awareness for National Child Abuse Awareness Month.

April is also Autism Awareness Month.

The peers will be decorating our sidewalks in efforts to spread awareness on both topics all month long!



“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”

- Laurette Gagnon Beaulieu

