

HEALTH ADVENTURES WELLNESS

When: Tues. 2:00-3:30 pm.

Where: CSRLC 35 Medford St., Suite 111, Somerville, MA 02143

Nurture your body and mind with this peer group! Learn wellness strategies with participants and a certified peer health coach. We are creating a new community to support ourselves in our paths to wellness.



Contact- Janel Tan at 617-863-5388 or

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or Chris Ditunno, Volunteer Health Coach, healthadventuresinfo@gmail.com



v i n f e n
transforming lives together

MBRLC
MBBLC
Metro Boston Recovery Learning Community