

# WHOLE LIFE WELLNESS PROJECT

The Whole Life Wellness Project is a holistic program that explores the eight dimensions of wellness, helping participants build healthier, more balanced lives through practical skills, self-reflection and supportive community.

## TUESDAYS FROM 1 - 2 PM



**MARCH 10**

Growing the Mind with  
CPC Integrated Health



**MARCH 17**

Caring for the Body That Carries You  
with Shani Love



**MARCH 24**

Creating Safe & Supportive Spaces with  
180 Turning Lives Around



**MARCH 31**

Therapy dogs & games with  
Monmouth County SPCA

LUNCH BREAK WELLNESS ROOM (SECOND FLOOR, RING DOOR #9)  
121 DRS JAMES PARKER BLVD, RED BANK, NJ

PLEASE EMAIL OR TEXT SHANI WITH THE NAME OF THE CLASS TO REGISTER  
SLOVE@LUNCHBREAK.ORG OR 732-513-6960