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| Monthly Calendar -Ferry Hill Center | January 2023 | |
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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Logo  Description automatically generated |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | **Women’s Wellness**  **7pm-8pm**  **(by donation)** |  | **Yoga 10am-11am (Paid Program)**  **Women’s Recovery**  **7pm-8:30pm**  **(by donation)** |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **Women’s Wellness**  **7pm-8pm**  **(by donation)** | **Anxiety Support**  **7pm-8:30pm**  **(by donation)** | **Yoga 10am-11am (Paid Program)**  **Women’s Recovery**  **7pm-8:30pm**  **(by donation)** |  | **Breathwork for Stress**  **10am-11:15am**  **(Paid Event)** |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | **Women’s Wellness**  **7pm-8pm**  **(by donation)** |  | **Yoga 10am-11am (Paid Program)**  **Women’s Recovery**  **7pm-8:30pm**  **(by donation)** |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | **Women’s Wellness**  **7pm-8pm**  **(by donation)** |  | **Yoga 10am-11am (Paid Program)**  **Women’s Recovery**  **7pm-8:30pm**  **(by donation)** |  |  | **Renew Women’s Wellness Retreat**  **(Paid Event)** |
| 30 | 31 |  |  |  |  |  |
|  | **Women’s Wellness**  **7pm-8pm**  **(by donation)** |  |  |  |  |  |

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| Ferry hill Center*Part of the James P. Harrington Organization*76 Ferry Hill RoadMarshfield, MA 02050 |  |  | For More Info Contact: Katie Sheerin, Program Director  [Katie@jphcommunity.org](mailto:Katie@jphcommunity.org)  Ferryhillcenter.org |