

ICGMV



COMMUNITY PROGRAMS

Find health and happiness through our **FREE** wellness group programming



ADULT GROUPS

MIND, BODY HARMONY

Monday & Wednesday
9:00am - 10:00am



MOBILITY MATTERS

Tuesday & Thursday
1:00pm - 2:00pm



ACUPUNCTURE

Monday
2:00pm - 3:00pm



NUTRITION & FUNCTIONAL MEDICINE

Wednesday
3:00pm - 4:00pm



EVENING FITNESS

Tuesday & Thursday
6:30pm - 7:30pm



KIDS GROUPS

EMOTIONAL EMPOWERMENT:

Monday
4:30 PM- 5:30 PM



EXERCISE & EMPOWERMENT:

Tuesday & Thursday
5:00pm - 6:30pm



360 Merrimack st., building 9, suite 100, Lawrence, MA 01843

ICGMV.ORG/PROGRAMS

+1(978)237-4947

ICGMV.INFO@GMAIL.COM