



# SUNRISE WELLNESS CENTER

## \*MARCH Activity Schedule\*

**MHAST**  
47 Broad Avenue  
Binghamton, NY 13904  
607-771-8888

**NOTE:**

**Beginning in March**

**NEW LOCATION** for some of our classes will be offered at the **Broome County Library**

**Binghamton 184 Court Street**

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**Peer Recovery Support Group**

Monday 3:30pm – 5pm

**Meditation Mondays** 5:30-6:30pm

**I am Free 2 Be MeClasses:** 10-11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>TAG YOUR FIT Workshop!</b> MHAST 1:30 - 3pm	2 <b>I Am FREE 2 Be Me Class</b> <b>How to become my own Best Friend</b> Topic: Self Awareness Library 10-11:30 am
5 <b>Men's Support Group</b> MHAST 11 – 12 pm  <b>Peer Recovery Support Group</b> Library 3:30 – 5pm  <b>Meditation Monday Class</b> <b>Beginners Welcome</b> Library 5:30 - 6:30pm	6 <b>Women's Group</b> MHAST 10 – 11:30am  <b>ExpressiveArts Class:</b>  "Create an Unselfie" self-portrait from inside out MHAST 1:30 – 3pm	7 <b>BALANCE Healthy Living</b> <b>"Handful of Gratitude"</b> <b>Crafting with Carol</b> MHAST 10-11:30 am  <b>Stress Management</b> MHAST 1:30-3pm  <b>Endicott Support Group</b> 4 – 5pm	8 <b>TAG YOUR FIT Workshop!</b> MHAST 1:30 - 3pm	9 <b>I Am FREE 2 Be Me Class</b> <b>How to become my own Best Friend</b> Topic: Self-Acceptance Library 10 -11:30 am
12 <b>Men's Support Group</b> MHAST 11 – 12 pm  <b>Peer Recovery Support Group</b> Library 3:30 – 5pm  <b>Meditation Monday Class</b> <b>Beginners Welcome</b> Library 5:30 - 6:30pm	13 <b>Sunrise Wellness Center</b> closed today, but Carol's class available below  "Healthy ways to Release Stress" <b>Participate in Laugh Yoga w/ Carol</b> MHAST 1:30-3pm	14 <b>Trip to National Women's Hall of Fame</b> <b>and Women's Rights National Historical Park</b> ( \$ 3 entrance fee) plus money for lunch or may bring your own <b>8 am -4pm Limited Seating</b> <b>*MUST pre-register*</b>  <b>*No Endicott Support Group*</b>	15 <b>Expressive Arts Class:</b>  <b>Poetry Café</b> MHAST 10-11:30 am  <b>TAG YOUR FIT Workshop!</b> MHAST 1:30 - 3pm	16 <b>A step toward forgiveness</b> "Letting go" 1:30-3pm
19 <b>Men's Support Group</b> MHAST 11 – 12 pm  <b>Peer Recovery Support Group</b> Library 3:30 – 5 pm  <b>Meditation Monday Class</b> <b>Beginners Welcome</b> Library 5:30 - 6:30 pm	20 <b>Women's Group</b> MHAST 10 – 11:00am  <b>Women's History Presentation with Lunch served</b> <b>*MUST pre-register*</b> MHAST 11-3pm	21 <b>CVAC Presentation</b> <b>"Domestic Violence"</b> MHAST 10-11:30 am  <b>Endicott Support Group</b> 4 – 5pm	22 <b>All Staff Meeting</b> MHAST 10 – 12pm  <b>TAG YOUR FIT Workshop!</b> MHAST 1:30 - 3pm	23 <b>I Am FREE 2 Be Me Class</b> <b>How to become my own Best Friend</b> Topic: Self-Forgiveness Library 10 -11:30 am
<b>Men's Support Group</b> MHAST 11 – 12 pm  <b>Peer Recovery Support Group</b> Library 3:30 – 5 pm  <b>Meditation Monday Class</b> Library 5:30 - 6:30 pm	<b>Women's Group</b> MHAST 10 – 11:30am  <b>Expressive Arts Class:</b> <b>Open Art Studio</b> MHAST 1:30 – 3pm	28 <b>Karaoke @ the Library</b> 1:30-3pm  <b>Endicott Support Group</b> 4 – 5pm	29 <b>Mosaics Class with Carol</b> MHAST 10-11:30 am  <b>TAG YOUR FIT Workshop!</b> MHAST 1:30 - 3pm	30 <b>I Am FREE 2 Be Me Class</b> <b>How to become my own Best Friend</b> Topic: Self-Trust Library 10-11:30 am
