

*Wellness Is About Balance
Join us while we discover what balance
looks & feels like for each of us.*



*8 Dimensions of Wellness
Support Group*

*Environmental
Spiritual
Emotional
Occupational*

*Physical
Intellectual
Social
Financially*

We meet the 4th Tuesday of each month.

5:00 pm – 6:00 pm

2023 Meeting Dates

January 24th @ 5pm
February 28th @ 5pm
March 28th @ 5pm
April 25th @ 5pm
May 23rd @ 5pm
June 27th @ 5pm

July 25th @ 5pm
August 22nd @ 5pm
September 26th @ 5pm
October 24th @ 5pm
November 28th @ 5pm
December 26th @ 5pm

All meetings are confidential.

The Pointe

259 Seneca Street

Oil City, PA 16301

Questions? (814) 676-1009