



# BERGEN WELLNESS CENTER

## 177 Hudson St, Hackensack

### WEEKLY VIRTUAL GROUP CALENDAR



The center is **CLOSED**, but the phone lines are **OPEN!**

**Conference Call  
Phone Number:  
978-990-5000**  
*If the number is busy, wait ten seconds and then try again.*  
Then enter code:  
**527-451 #**

Wed	Thurs	Fri
2:15 PM Coping with Quarantine	2:15 PM Coronavirus Updates	2:15 PM Physical Wellness

Do what you can, where you are, with what you have.  
– Theodore Roosevelt

CAMHOP (Asian support group)  
2<sup>nd</sup> Saturday of the month at 11 am. This is a Zoom meeting (video call) - Call 201-489-8402 to register.  
  
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