



The 7 Dimensions of Wellness

# WELLNESS MONTH | AUGUST 2020



Newark Center for  
Meditative Culture

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

THINK AND DO FOR: BODY • MIND • SPIRIT

Wellness Calendar compliments of Newark Center for Meditative Culture. ©