

# HEALTHYLIFESTYLE

## Monthly Wellness Obesity

### January



Eat Healthy—Post Holidays

### February



Losing Weight

### March



Helping a Loved One

## Wellness Centers Hours of Operations

### Plymouth Health & Wellness Center Hours

Monday: 8:00am-6:00pm (MD 9:00am-6:00pm)  
Tuesday: 7:00am - 4:00pm (NP 7:00am - 4:00pm)  
Wednesday: 7:00am - 4:00pm (NP 7:00am - 4:00pm)  
Thursday: 8:00am - 6:00pm (NP 9:00am - 6:00pm)  
Friday: 7:00am - 4:00pm (NP 7:00am - 4:00pm)

Office: 574-935-0127 or 877-289-3011, Opt. 2

Fax: 574-935-0138

### Plymouth Satellites

#### New Prairie United School Corporation

Wednesday: 6:20am - 3:30pm CST - NP  
Thursday: 1:00pm - 4:00pm CST - NP

#### South Central

Thursday: 7:00am - 11:00am CST- NP

Monticello Wellness Center  
303 N. Main Street  
Monticello, IN  
574-297-5527  
OR  
1-844-223-2964



Plymouth Wellness Center  
504 Colonial Court  
Plymouth, IN  
574-935-0127  
OR  
877-289-3011, Opt 2

### Monticello Health & Wellness Center

Monday: 8:00am - 6:00pm (NP 9:00am - 6:00pm)  
Tuesday: 8:00am - 6:00pm (NP 9:00am - 6:00pm)  
Wednesday: 7:00am - 4:00pm (MD 7:00am - 4:00pm)  
Thursday: 7:00am - 5:00pm (NP 7:00am - 5:00pm)  
Friday: 8:00am - 5:00pm (NP 8:00am - 5:00pm)  
Office: 574-297-5527 or 844-223-2964

Fax: 574-583-0153

### Monticello Satellites

#### Eastern Pulaski

Tuesday: 7:00am - 4:00pm

#### South Newton

Wednesday: 7:00am - 4:00pm CST

#### Delphi

Friday: 7:00am - 4:00pm (MD - 11:00am - 4:00pm)