

Wellness Wish List

WELLCOME MANOR WELLNESS COMMITTEE

Wellcome Manor Family Services has created a Wellness Committee. This committee is made up of staff, clients and community agencies. They meet once a month to discuss ways they can create an environment that supports healthy lifestyles for the women and children who are staying there. Together, the committee has created a wish list of items that would be helpful in meeting their goals for mental, emotional, and physical wellness.

- Workout Videos
- Movies (PG & PG13)
- Earbuds
- MP3 Player (with music but no camera)
- Radio with CD player
- Dumbbells
- Kettle bells
- Workout Clothing for Women (all sizes)
- Tennis shoes (kid-adult sizes)
- Board Games
- Art Supplies
- Fabric
- Sewing Patterns
- Yarn
- Crochet hooks
- Beads
- Stretchy cord for beading
- Embroidery floss
- Children's Books
- Adult Books - Including AA Books, NA Books or *A Woman's Way Through the 12 Steps* by Stephanie S. Covington)
- Monetary donations welcome (please put "Wellness Committee" on memo line of checks)