

Health and Wellness Group – Brigham City House

- Monday, Wednesday, Friday – 10:00 am – 12:00 pm
The objective of the group is to help clients to be more physically active and to have a better understanding of overall wellness, nutrition, fitness and barriers to both.

Battling Boredom – Brigham City House

- Thursdays – 10:00 am – 12:00 pm
Group focused on using free community events, in home activities/crafts, and other resources as a way to engage in the community and stay active and socially healthy and connected.