

Wellness Center South

Suggestion Box Comments & Responses – May 2025

At Wellness Center South we value your feedback! Below you will find responses to your comments and suggestions from the MAB and staff. We have tried our best to comment on each suggestion/comment to meet your needs. Please let staff or a MAB member know if your question/comment has not been answered and/or addressed. Thank you!

Comments & Suggestions:

Comment# 1: Monday's "Positive Thinking" class; can it be on an additional day of the week? I have N.A. which is a requirement for me and these two classes are at the same time.

Response #1: Great suggestion! We love the idea of having the group Positive Thinking twice a week. This will be something we will work with WCS staff and MAB to add to our July calendar. Thank you for being a dedicated WCS member and participating in our recovery focused support groups.

Comment# 2: To have nature walks like MHA days. Around the Wellness Center 5 days of the week.

Response #2: That is a terrific idea and MAB supports adding more nature walks to our calendar. Since the summer months are approaching our MAB has advocated to add additional Nature Walks to our calendar in the fall after we make it past the summer months to avoid hot temperatures outside.

Comment# 3: Free Form Exercise everyday please.

Response #3: We love hearing that you are interested in more physical groups being added to the calendar. MAB is in support of adding an additional Free Form Exercise group to the calendar on Fridays starting in July. We will start surveying the idea of adding additional Free Form Exercise groups in Community Meeting to see who else might be interested.

Comment# 4: Exercise Class every morning!

Response #4: We appreciate your suggestion. Exercise and physical fitness are a part of wellness. We have exercised during the group "Morning Icebreakers". Our WCS Peer Support Specialists are always open to ideas for activities during "Morning Icebreakers", please feel free to suggest a fitness exercise to get the morning started with some movement the next time you join our program in the morning.

Comment# 5: Exercise Bike. Designate line for those desiring to exercise by bike, onsite please. Need for exercise opportunities as much as possible.

Response #5: Thank you for the suggestion. However, due to limited space inside the building of Wellness Center South and our limited budget we will not be purchasing or providing a stationary bike onsite at the center. We have utilized the stationary equipment at Mountain View Park down the street from Wellness Center South. There is outdoor stationary exercise equipment at Mountain View Park that people can access at any time.

Comment# 6: Bring Hazelnut cream for coffee.

Response #6: Thank you for your suggestion. Our MAB is in support of providing Hazelnut flavored coffee creamer in the members kitchen. Our Operations Manager will purchase the flavored creamer and place in the members kitchen soon.

Please contact Program Director, Raul Fernandez directly if you have any question or any other concerns at (949)528-6822 or Raul.Fernandez@clarvida.com