



december 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

8:30 AM - 5:00 PM

HJA Ewing St.
9:00 AM - 3:00 PM



2

8:00 AM - 4:30 PM

Capital Health OB
10:00 PM- 12:00 PM



3

10:30 AM - 7:00 PM

Shapiro Head Start
2:00 PM - 4:30 PM



4

8:30 AM - 5:00 PM

HJA Warrent St.
9:00 AM - 3:00 PM



5

8:30 AM - 4:30 PM

Hamilton WIC
8:30 AM - 4:30 PM

CHS Trenton Clinic
8:30 AM - 4:30 PM



8

8:30 AM - 5:00 PM

Northward FSC
10:00 AM - 2:00 PM



9

8:00 AM - 4:30 PM

Mobile Home Front
1:30 AM - 3:30 PM



10

10:30 AM - 7:00 PM



11

8:30 AM - 5:00 PM

Mobile-Task / Nexus
11:00 AM - 1:00 PM
Hightstown WIC Clinic
9:00 AM - 5:00 PM



12

8:30 AM - 4:30 PM

Zufall OB and Ped.
10:30 AM - 1:30 PM



15

8:30 AM - 5:00 PM

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19

8:30 AM - 4:30 PM

Princeton WIC
8:30 AM - 4:30 PM



20

8:30 AM - 4:30 PM



22

8:30 AM - 5:00 PM

Mobile-Task / Nexus
11:00 AM - 1:00 PM



23

8:00 AM - 4:30 PM

24

Christmas
Eve

WIC Clinic Closed



25

MERRY
CHRISTMAS

WIC Clinic Closed



26

8:30 AM - 4:30 PM



29

8:30 AM - 5:00 PM



30

8:00 AM - 4:30 PM

Mobile Home Front
1:30 AM - 3:30 PM

NEW YEAR'S
EVE

WIC Clinic Closed



CHS Mercer WIC Program
1440 Parkside Ave, Trenton, NJ 08638



This institution is an equal opportunity provider



diciembre

2025



Domingo

Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

7

14

21

28

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Clínica de WIC Cerrada

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Clínica de WIC Cerrada

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8:00 AM - 4:30 PM

Mobile Home Front
1:30 AM - 3:30 PM

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Clínica de WIC Cerrada



Programa WIC de CHS Mercer
1440 Parkside Ave, Trenton, NJ 08638

Esta institución es un proveedor que ofrece igualdad de oportunidades



december 2025

CHRISTMAS WELLNESS ADVENT CALENDAR

1 Include a 10-minute stretch routine 	2 Drink 8 glasses of water 	3 Unplug from social media for 1 hour 	4 Declutter one small space 	5 Donate an item or your time 	6 Replace one snack with fruit 	7 Journal about a positive memory 
8 Go for a 1 mile walk with a friend/coworker 	9 Donate to your local food bank. 	10 Think of 3 things that you are grateful for 	11 Leave a kind message on someone's desk. 	12 Listen to calming music before bed 	13 A No-sugar challenge day with a friend 	14 Do 20 squats in the morning 
15 Go to bed 30 minutes earlier 	16 Practice silence for 5 minutes 	17 Take the stairs all day 	18 Make a warm drink and read a chapter of a book 	19 Sit near a bright window for mental health 	20 Try a new recipe that makes your home smell cozy 	21 Go to a park and take a winter-nature walk 
22 Make ornaments, paint pine cones, or craft gifts 	23 A dance workout on 3 Christmas songs 	24 Cook a healthy meal with a loved one 	25 Celebrate with rest, joy, and gratitude 	26 Try a winter outdoor activity 	27 Take photos of 5 interesting winter details 	28 Light a candle and relax for 10 minutes 
29 Build a snowman or have a snowball fight 	30 Call a faraway friend to say hello. 	31 Reflect on the month & set one goal for the new year. 				