

# June 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OFFICE CLOSED FOR MEMORIAL DAY</b> 27	28	5 pm Yoga Class (45 min) 29	30	31	1 <b>8 am Whole Foods Store Tour (Nicole) CANCELLED</b> 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>11 am Yoga class-60 min (Amie)</b>
5:30 pm Thinking Styles & Behavior Greer) 3	4	5 pm Yoga Class (45 min) 5	6	7	8 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) <b>11 am Yoga Class 60 min (Amie)</b> 12pm Men's Group (Bill)
5:30 pm Thinking Styles & Behavior (Greer) 10	11	5 pm Yoga Class (45 min) 12	13	14 <b>8 am Whole Foods Store Tour (Nicole)</b>	15 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>11 am- Yoga Class 60 min (Amie)</b> <b>12 pm- Nutrition Class (30 min with Nicole)</b>
5:30 pm Thinking Styles & Behavior (Greer) 17	18	5 pm Yoga Class (45 min) 19	20	21	22 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)
5:30 pm Thinking Styles & Behavior (Greer) 24	25	5 pm Yoga Class (45 min) 26	27	28	29 <b>OFFICE CLOSED ALL GROUPS CANCELLED</b>