

July 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:30 pm Thinking Styles & Behavior Greer) CANCELLED</p> <p style="text-align: right;">1</p>		<p>5 pm Yoga for Every Body CANCELLED</p> <p style="text-align: right;">3</p>	<p>4th of July OFFICE CLOSED group</p> <p style="text-align: right;">4</p>		<p>9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)</p> <p style="text-align: right;">6</p>
<p>5:30 pm Thinking Styles & Behavior Greer)</p> <p style="text-align: right;">8</p>		<p>5:30 pm Yoga For Every Body (45 min) Amie *New start time *</p> <p style="text-align: right;">10</p>			<p>9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am Yoga for Every body (60 min) Amie</p> <p style="text-align: right;">13</p>
<p>5:30 pm Thinking Styles & Behavior (Greer)</p> <p style="text-align: right;">15</p>		<p>5:30 pm Yoga For Evvery body (45 min) Amie</p> <p style="text-align: right;">17</p>		<p>8 am Trader Joe's Store Tour (Nicole)</p>	<p>9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)</p> <p style="text-align: right;">20</p>
<p>5:30 pm Thinking Styles & Behavior (Greer)</p> <p style="text-align: right;">22</p>		<p>5:30 pm Yoga For Every Body (45 min) Amie</p> <p style="text-align: right;">24</p>			<p>9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 10:30 am- Nutrition Class (30 min) Kathy 11 am Yoga For Every Body (60 min) Amie</p> <p style="text-align: right;">27</p>
<p>5:30 pm Thinking Styles & Behavior (Greer)</p> <p style="text-align: right;">29</p>		<p>5:30 pm Yoga for Every Body (45 min) Amie</p> <p style="text-align: right;">31</p>			<p>8 am Whole Foods Tour (Kathy) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)</p> <p style="text-align: right;">3</p>