

November 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 28	29	5:30 pm Yoga...for Every Body (45 min) Amie 30	31	1	8 am Trader Joes Tour (Nicole) 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 2
5:30 pm Thinking Styles & Behavior (Greer) 4	5	5:30 pm Yoga...for Every Body (45 min) Amie 6	7	8	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill) 9
5:30 pm Thinking Styles & Behavior (Greer) 11	12	5:30 Yoga...for Every Body (45 min) Amie 13	14	8 am Trader Joes Tour (Nicole) 15	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am Yoga...for Every Body (60 min) Amie 11 am- Holiday Workshop (Nicole) 16
5:30 pm Thinking Styles & Behavior (Greer) 18	19	5:30 pm Yoga...for Every Body (45 min) Amie 20	21	22	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill) 23
5:30 pm Thinking Styles & Behavior (Greer) 25	26	5:30 pm Yoga...for Every Body (45 min) Amie 27	Thanksgiving Office Closed 28	Thanksgiving Office Closed 29	9 am Long-term Weight Mgmt (Greer)- CANCELED 10am Bariatric Support Group (Greer) CANCELED 11 am Yoga...for Every Body (60 min) Amie 30