

December 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 2		5:30 pm Yoga...for Every Body (45 min) Amie 4			8 am Whole Foods Tour (Nicole) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for EveryBody (60 min) Amie 12pm Men's Group (Bill) 7
5:30 pm Thinking Styles & Behavior (Greer) 9		5:30 pm Yoga...for Every Body (45 min) Amie 11			9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 14
5:30 pm Thinking Styles & Behavior (Greer) 16		5:30 Yoga...for Every Body (45 min) Amie 18		8 am Whole Foods Tour (Nicole) 20	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60 min) Amie 12pm Men's Group (Bill) 21
OFFICE CLOSED GROUP CANCELED 23	OFFICE CLOSED 24	OFFICE CLOSED YOGA CANCELED 25	OFFICE CLOSED 26	OFFICE CLOSED 27	OFFICE CLOSED ALL GROUPS CANCELED 28
OFFICE CLOSED GROUP CANCELED 30	OFFICE CLOSED 31	OFFICE CLOSED YOGA CANCELED 1			9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill) 4