

January 2020- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 30	31	5:30 pm Yoga...for Every Body (45 min) Amie 1	2	3	8 am Trader Joes Tour (Nicole) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60min) Amie 12pm Men's Group (Bill) 4
5:30 pm Thinking Styles & Behavior (Greer) 6	7	5:30 pm Yoga...for Every Body (45 min) Amie 8	9	10	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am- Nutrition Class (Kathy) 11
5:30 pm Thinking Styles & Behavior (Greer) 13	14	5:30 Yoga...for Every Body (45 min) Amie 15	16	8 am Trader Joes Tour (Nicole) 17	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60min) Amie 12pm Men's Group (Bill) 18
Office Closed MLK Day Group Canceled 20	21	5:30 pm Yoga...for Every Body (45 min) Amie 22	23	24	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 25
5:30 pm Thinking Styles & Behavior (Greer) 27	28	5:30 pm Yoga...for Every Body (45 min) Amie 29	30	31	8 am Whole Foods Tour (Nicole) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill) 1