

# March 2020 Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 2	3	5:30 pm Yoga...for Every Body (45 min) Amie 4	5	6	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 7
5:30 pm Thinking Styles & Behavior (Greer) 9	10	5:30 pm Yoga...for Every Body (45 min) Amie 11	5:30 pm Long-Term Maintenance - Bill 12	13	<b>8 am Trader Joes Tour (Kathy)</b> 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) <b>11 am ...Yoga for Every Body (60 min) Amie</b> 12pm Men's Group (Bill) 14
5:30 pm Thinking Styles & Behavior (Greer) 16	17	5:30 Yoga...for Every Body (45 min) Amie 18	19	<b>8 am Trader Joes Tour (Nicole)</b> 20	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>11 am Nutrition Class (Nicole)</b> 21
5:30 pm Thinking Styles & Behavior (Greer) 23	24	5:30 pm Yoga...for Every Body (45 min) Amie 25	5:30 pm Long-Term Maintenance - Bill 26	27	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) <b>11 am ...Yoga for Every Body (60 min) Amie</b> 12pm Men's Group (Bill) 28
<b>5:30 pm Thinking Styles &amp; Behavior (CANCELLED)</b> 30	31	5:30 pm Yoga...for Every Body (45 min) Amie 1	2	3	<b>8am Whole Foods Tour (Nicole)</b> 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 4