

JUNE CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
10 am Coping During COVID (Michelle) 31	5:30 pm Thinking Styles and Behavior (Greer) 1	7:45 am Feeling Strong for Every Body (Allison) 8:45 am Meditation (Greer) 5:15 pm Meditation (Michelle) 5:30 pm Coping During COVID (Bill) 2	6:30 pm Seated Yoga for Every Body (Amie) 3	8:45 am Meditation (Amie) 5:15 pm Meditation (Allison) 5:30 pm Long Term Maintenance* (Bill) 4	12 pm Strong and Fit (Allison) 5	9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12 pm Men's Group* (Bill) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 6
10 am Coping During COVID (Michelle) 7	5:30 pm Thinking Styles and Behavior (Greer) 8	7:45 am Feeling Strong for Every Body (Allison) 8:45 am Meditation (Greer) 5:15 pm Meditation (Michelle) 5:30 pm Coping During COVID (Bill) 9	6:30 pm Seated Yoga for Every Body (Amie) 10	8:45 am Meditation (Amie) 5:15 pm Meditation (Allison) 11	12 pm Strong and Fit (Allison) 12	9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Grp*(Greer) 11 am Nutrition Class (Kathy) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 13
10 am Coping During COVID (Michelle) 14	5:30 pm Thinking Styles and Behavior (Greer) 15	7:45 am Feeling Strong for Every Body (Allison) 8:45 am Meditation (Greer) 5:15 pm Meditation (Michelle) 5:30 pm Coping During COVID (Bill) 16	6:30 pm Seated Yoga for Every Body (Amie) 17	8:45 am Meditation (Amie) 5:15 pm Meditation (Allison) 5:30 pm Long Term Maintenance* (Bill) 18	12 pm Strong and Fit (Allison) 19	9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12 pm Men's Group *(Bill) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 20
10 am Coping During COVID (Michelle) 21	5:30 pm Thinking Styles and Behavior (Greer) 22	7:45 am Feeling Strong for Every Body (Allison) 8:45 am Meditation (Greer) 5:15 pm Meditation (Michelle) 5:30 pm Coping During COVID (Bill) 23	6:30 pm Seated Yoga for Every Body (Amie) 24	8:45 am Meditation (Amie) 5:15 pm Meditation (Allison) 25	12 pm Strong and Fit (Allison) 26	9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Grp* (Greer) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 27
10 am Coping During COVID (Michelle) 28	5:30 pm Thinking Styles and Behavior (Greer) 29	7:45 am Feeling Strong for Every Body (Allison) 8:45 am Meditation (Greer) 5:15 pm Meditation (Michelle) 5:30 pm Coping During COVID (Bill) 30	6:30 pm Seated Yoga for Every Body (Amie) 1	8:45 am Meditation (Amie) 5:15 pm Meditation (Allison) 5:30 pm Long Term Maintenance* (Bill) 2	OFFICE CLOSED FOR THE HOLIDAY CLASS CANCELED 3	OFFICE CLOSED FOR THE HOLIDAY ALL GROUPS CANCELED 4