AUGUST CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
26	27 5:30 pm Thinking Styles and Behavior (Greer)	28 5:00 pm Meditation (Greer) 5:30 pm Coping During COVID (Bill)	29 6:30 pm Seated Yoga for Every Body (Amie)	30 5:00 pm Meditation: Relax and Unwind (Allison) 5:30 pm Long Term Maintenance* (Bill) 6:30 pm Feeling Strong for Every Body (Allison).	31	1 9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12pm Men's Group *(Bill) 12 pm Living Solo (Michelle) 1 pm Yoga (Amie)
2	3 5:30 pm Thinking Styles and Behavior (Greer)	4 5:00 pm Meditation: Relax and Unwind (Greer) 5:30 pm Coping During COVID (Bill)	5 6:30 pm Seated Yoga for Every Body (Amie)	6 5:00 pm Meditation: Relax and Unwind (Amie) 6:30 pm Feeling Strong for Every Body (Allison)	7	8 9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Group*(Greer) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie)
9	10 5:30 pm Thinking Styles and Behavior (Greer)	11 5:00 pm Meditation: Relax and Unwind (Michelle) 5:30 pm Coping During COVID (Bill)	12 6:30 pm Seated Yoga for Every Body (Amie)	13 5:00 pm Meditation: Relax and Unwind (Allison) 5:30 pm Long Term Maintenance* (Bill) 6:30 pm Feeling Strong for Every Body (Allison)	14	15 9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12pm Men's Group *(Bill) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie)
16	17 5:30 pm Thinking Styles and Behavior (Greer)	18 5:00 pm Meditation: Relax and Unwind (Greer) 5:30 pm Coping During COVID (Bill)	19 6:30 pm Seated Yoga for Every Body (Amie)	20 5:00 pm Meditation: Relax and Unwind (Amie) 6:30 pm Feeling Strong for Every Body (Allison)	21	22 9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Group* (Greer) 11 am Nutrition Class (Nicole) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie)
23	24 5:30 pm Thinking Styles and Behavior (Greer)	25 5:00 pm Meditation: Relax and Unwind (Michelle) 5:30 pm Coping During COVID (Bill)	26 6:30 pm Seated Yoga for Every Body (Amie)	27 5:00 pm Meditation: Relax and Unwind (Allison) 5:30 pm Long Term Maintenance* (Bill) 6:30 pm Feeling Strong for Every Body (Allison)	28	29 9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12pm Men's Group *(Bill) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie)
30	31 5:30 pm Thinking Styles and Behavior (Greer)					