

JULY CLASS & GROUP SCHEDULE

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