

# OCTOBER CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 pm Thinking Styles and Behavior (Greer) 27	5:30 pm Coping During COVID (Bill) 28	6:30 pm Seated Yoga for Every Body (Amie) 29	4:30 pm Fitness Class 30		9 am Long-Term Weight Mgmt Support Group (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie) 3
	<b>5:30 pm Thinking Styles and Behavior (CANCELLED)</b> 4	5:30 pm Coping During COVID (Bill) 5	6:30 pm Seated Yoga for Every Body (Amie) 7	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 8		7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill) 1 pm Yoga (Amie) 10
	5:30 pm Thinking Styles and Behavior (Greer) 11	5:30 pm Coping During COVID (Bill) 12	5:30 pm <b>*NEW*</b> Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 14	4:30 pm Fitness Class (Allison) 15		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Greer) 1 pm Seated Yoga for Every Body (Amie) 17
	5:30 pm Thinking Styles and Behavior (Greer) 18	5:30 pm Coping During COVID (Bill) 19	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 21	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 22		7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill) 1 pm Yoga (Amie) 24
	5:30 pm Thinking Styles and Behavior (Greer) 25	5:30 pm Coping During COVID (Bill) 26	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 28	4:30 pm Fitness Class (Allison) 29		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Greer) 1 pm Seated Yoga for Every Body (Amie) 31