

NOVEMBER CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 pm Thinking Styles and Behavior (Greer) 1	5:30 pm Coping During COVID (Bill) 2	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 4	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 5		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) 2 pm Nutrition Class (Nicole) 7
	5:30 pm Thinking Styles and Behavior 8	5:30 pm Coping During COVID (Bill) 9	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 11	4:30 pm Fitness Class (Allison) 12		9 am Long-Term Weight Mgmt Support Group (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie) 14
	5:30 pm Thinking Styles and Behavior (Greer) 15	5:30 pm Coping During COVID (Bill) 16	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 18	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 19		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) 21
	5:30 pm Thinking Styles and Behavior (Greer) 22	5:30 pm Coping During COVID (Bill) 23	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 25	OFFICE CLOSED CLASS CANCELED 26	OFFICE CLOSED 27	9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Greer) 1 pm Seated Yoga for Every Body (Amie) 28
	5:30 pm Thinking Styles and Behavior (Greer) 29					

