

DECEMBER CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 pm Thinking Styles and Behavior (Greer) 29	5:30 pm Coping During COVID (Bill) 1	5:30 pm Election Stress *LAST MTG (Greer) 6:30 pm Seated Yoga for Every Body (Amie) 2	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 3		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) 45
6	5:30 pm Thinking Styles and Behavior 7	5:30 pm FREE SEMINAR: COVID & Obesity (Scott) 5:30 pm Coping During COVID (Bill) CANCELLED 8	6:30 pm Seated Yoga for Every Body (Amie) 9	4:30 pm Fitness Class (Allison) 10		9 am Long-Term Weight Mgmt Support Group (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Kathy) 12
13	5:30 pm Thinking Styles and Behavior (Greer) 14	5:30 pm Coping During COVID (Bill) 15	6:30 pm Seated Yoga for Every Body (Amie) 16	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 17		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) 1819
20	5:30 pm Thinking Styles and Behavior (Greer) 21	5:30 pm Coping During COVID (Bill) 22	6:30 pm Seated Yoga for Every Body (Amie) 23	OFFICE CLOSED 10 am Fitness class Available (Allison) 24	OFFICE CLOSED 25	OFFICE CLOSED GROUPS CANCELLED 26
27	OFFICE CLOSED GROUP CANCELLED 28	OFFICE CLOSED GROUPS CANCELLED 29	OFFICE CLOSED GROUPS CANCELLED 30	OFFICE CLOSED 10 am Fitness class Available (Allison) 31	OFFICE CLOSED 1	OFFICE CLOSED GROUPS CANCELLED 2