

# MAY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 pm Thinking Styles and Behavior (Greer) 25	6:30 pm Reserved Working Women (Greer & Michelle) 26	5:30 pm Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie) 27	4:30 pm Fitness Class (Allison) 28		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo (Michelle)* 1 pm Seated Yoga for Every Body (Amie) 30
	5:30 pm Thinking Styles and Behavior 2	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle) 3	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 4	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 6:30 pm Preparing for 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 Seated Yoga for Every Body (Amie) 7
	5:30 pm Thinking Styles and Behavior 9	6:30 pm Reserved Working Women (Greer & Michelle) 10	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 11	4:30 pm Fitness Class (Allison) 12		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo ( <b>Substitute:</b> Greer) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Kathy) 14
	5:30 pm Thinking Styles and Behavior 16	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle) 17	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 18	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 6:30 pm Preparing for 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 Seated Yoga for Every Body (Amie) 21
	5:30 pm Thinking Styles and Behavior (Greer) 23	6:30 pm Reserved Working Women (Greer & Michelle) 24	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 25	4:30 pm Fitness class (Allison) 26		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Michelle) <b>last meeting</b> 1 pm Seated Yoga for Every Body (Amie) 27
	<b>MEMORIAL DAY</b> 5:30 pm Thinking Styles and Behavior (Greer) 30	31				