

JULY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
27	5:30 pm Thinking Styles and Behavior (Greer) 28	6:30 pm Reserved Working Women (Greer & Michelle) 29	4 pm Seated Yoga for Every Body (Amie) 30	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 1	2	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) 3
4	OFFICE CLOSED GREER'S GROUP CANCELLED 5	6:30 pm Reserved Working Women (Greer & Michelle) CANCELLED 6	4 pm Seated Yoga for Every Body (Allison) 7	4:30 pm Fitness Class (Allison) 8	9	9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie) 10
11	5:30 pm Thinking Styles and Behavior 12	6:30 pm Reserved Working Women (Greer & Michelle) 13	4 pm Seated Yoga for Every Body (Allison) 14	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 15	16	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) 17
18	5:30 pm Thinking Styles and Behavior 19	6:30 pm Reserved Working Women (Greer & Michelle) 20	4 pm Seated Yoga for Every Body (Allison) 21	4:30 pm Fitness Class (Allison) 22	23	9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Kathy) 24
25	5:30 pm Thinking Styles and Behavior (Greer) 26	6:30 pm Reserved Working Women (Greer & Michelle) 27	4 pm Seated Yoga for Every Body (Allison) 28	4:30 pm Fitness class (Allison) 5:30 pm Active Maintenance* (Bill) 29	30	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) 31