

AUGUST CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) *	4 pm Seated Yoga for Every Body (Allison)	4:30 pm Fitness Class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie)
1	2	3	4	5	6	7
	5:30 pm Thinking Styles and Behavior (Greer)		4 pm Seated Yoga for Every Body (Allison)	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill)		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)
8	9	10	11	12	12	13
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) *	4 pm Seated Yoga for Every Body (Allison)	4:30 pm Fitness Class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Nicole)
15	16	17	18	19	20	21
	5:30 pm Thinking Styles and Behavior (Greer)		4 pm Seated Yoga for Every Body (Allison)	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill)		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)
22	23	24	25	26	27	28
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) *	4 pm Seated Yoga for Every Body (Allison)	4:30 pm Fitness class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie)
29	30	31	1	2	3	4