

AUGUST CALENDAR

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