

SEPTEMBER CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga (Amie) CANCELLED
29	5:30 pm Thinking Styles and Behavior (Greer) 30	5:30 pm Coping During COVID (Bill) * 31	4 pm Seated Yoga for Every Body (Allison) 1	4:30 pm Fitness Class (Allison) 2	3	4
	LABOR DAY OFFICE CLOSED GROUPS/CLASSES ARE CANCELLED		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 (Amie) CANCELLED
5	6	7	8	9	10	11
	12 pm NEW! Functional Movement for Balance, Flexibility and Strength (Allison) 5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) * 14	4 pm Seated Yoga for Every Body (Allison) 15	4:30 pm Fitness Class (Allison) 16		9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga (Amie) CANCELLED
12	13				17	18
	12 pm Functional Movement for Balance, Flexibility and Strength (Allison) 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) 2 pm Nutrition Class (Kathy)
19	20	21	22	23	24	25
	12 pm Functional Movement for Balance, Flexibility and Strength (Allison) 5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) * 28	4 pm Seated Yoga for Every Body (Allison) 29	4:30 pm Fitness class (Allison) 30		9 am Long-Term Weight Mgmt Support Group (Greer) CANCELLED 1 pm Seated Yoga for Every Body (Amie)
26	27				1	2