

OCTOBER CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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) * **CANCELLED**
6:30 pm Working Women (Greer & Michelle)

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 (Allison)

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) *
6:30 pm Working Women (Greer & Michelle)

12 pm Emotional Eating (Michelle)
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 (Allison)

12 pm Functional Movement for Balance, Flexibility and Strength (Allison)
5:30 pm Thinking Styles and Behavior (Greer)

6:30 pm Working Women (Greer & Michelle) **CANCELLED**

12 pm Emotional Eating (Michelle)
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 (Amie)

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) *
6:30 pm Working Women (Greer & Michelle)

12 pm Emotional Eating (Michelle)
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)

12 pm Functional Movement for Balance, Flexibility and Strength (Allison)
5:30 pm Thinking Styles and Behavior (Greer)

6:30 pm Working Women (Greer & Michelle)

12 pm Emotional Eating (Michelle)
4 pm Seated Yoga for Every Body (Allison)

4:30 pm Fitness class (Allison)

9 am Long-Term Weight Mgmt Support Group
1 pm Seated Yoga for Every Body (Amie)