

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Recovery Program: Living in Balance: 9:30-10:30am (Eng)	3	4 Anxiety + Depression: 9:00-10:30am (Spa) Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng) Anxiety + Depression: 11:00am-12:30pm (Eng)	5 Recovery Program: Living in Balance 9:00-10:00am (Eng) Be At Ease: 12:30-1:15pm (Eng)
8	9 Recovery Program: Living in Balance: 9:30-10:30am (Eng)	10	11 Anxiety + Depression: 9:00-10:30am (Spa) Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng) Anxiety + Depression: 11:00am-12:30pm (Eng)	12 Recovery Program: Living in Balance: 9:00-10:00am (Eng) Be At Ease: 12:30-1:15pm (Eng)
15	16 Recovery Program: Living in Balance: 9:30-10:30am (Eng)	17	18 Anxiety + Depression: 9:00-10:30am (Spa) Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng) Anxiety + Depression: 11:00am-12:30pm (Eng)	19 Recovery Program: Living in Balance: 9:00-10:00am (Eng)
22	23 Recovery Program: Living in Balance: 9:30-10:30am (Eng) Diabetes Prevention + Management: 1:00-2:15 pm (Spn) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	24	25 Anxiety + Depression: 9:00-10:30am (Spa) Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng) Anxiety + Depression: 11:00am-12:30pm (Eng)	26 Recovery Program: Living in Balance: 9:00-10:00am (Eng)
29	30 Recovery Program: Living in Balance: 9:30-10:30am (Eng) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	31	1 Anxiety + Depression: 9:00-10:30am (Spa) Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng) Anxiety + Depression: 11:00am-12:30pm (Eng)	2 Recovery Program: Living in Balance 9:00-10:00am (Eng)

Anxiety & Depression: Learn self-empowerment, self-management, mindfulness (meditation), relaxation + techniques for coping with anxiety + depression. Participants explore the multitude of factors that influence these conditions.

Be At Ease: A free class combining meditation, mindfulness and gentle movement. Great for all ages and mobility levels.

Diabetes Prevention + Management: Education + self-management for pre-diabetic, diabetic + metabolic patients or family members. Covers lifestyle change, goal development, regular healthy cooking demos as well as nutrition, behavioral health, dental, optometry, podiatrist + pharmacy guest speakers + related info.

Recovery Program: Addiction Recovery Refill Group: Learn recovery strategies for opioid dependence/addiction. Support is offered in the context of personal challenges with opioid dependence/addiction. Education, sharing + ongoing medical guidance is provided at each session.

Recovery Program: Living in Balance: Addiction + recovery specific education in a support group context, including lecture topics + sharing. Aimed to improve function + decrease suffering through learning core addiction concepts + recovery management skills.

R-PLAY Kids + Parents: Whole family health including fun for kids ages 5-12! Parental support, kids movement + stress relief exercises, family goal-setting, healthy food demos, snacks + gardening.