

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Anxiety + Depression: 9:00-10:30 am (Eng) Taking Control of Your Health: 1:30- 3:00pm (Eng)	3 Diabetes Prevention +Management: 3:15- 4:45pm (Eng) Recovery Program: Living in Balance 5:00-6:30pm (Eng)	4 Anxiety + Depression: 9:30-11:00am (Spn) PLAY: 4:00- 5:00pm (Eng/Spn)	5 Be At Ease: 3:30-4:30pm (Eng)
8 Smoking Cessation: 5:00-6:30 (Eng)	9 Anxiety & Depression: 9:00-10:30am (Eng) Smart Start: 11:15am-12:15pm (Eng/Spa) Seeking Safety: 1:30-3:00 (Eng)	10 Liver Health: 9:00-11:00am (Eng/Spa) Fall Prevention: 11:00am-12:30am (Eng) Chronic Pain: 2:30-4:00pm (Eng) Diabetes Prevention +Management: 3:15- 4:45pm (Spn) Recovery Program: Living in Balance 5:00-6:30pm (Eng)	11 Anxiety + Depression: 9:30-11:00am (Spn) PLAY: 4:00- 5:00pm (Eng/Spn)	12 Be At Ease: 3:30-4:30pm (Eng)
15 Smoking Cessation: 5:00-6:30 (Eng)	16 Anxiety & Depression: 9:00-10:30am (Eng) Liver Health: 9:15-10:15am (Eng/Spa) Smart Start: 11:15am-12:15pm (Eng/Spa) Seeking Safety: 1:30-3:00 (Eng) Taking Control of Your Health: 1:30- 3:00pm (Eng) Back in Action: 3:00-5:00pm (Eng)	17 Liver Health: 9:00-11:00am (Eng/Spa) Fall Prevention: 11:00am-12:30pm (Eng) Chronic Pain: 2:30-4:00pm (Eng) Diabetes Prevention + Management: 3:15- 4:45pm (Eng) Recovery Program: Living in Balance 5:00-6:30pm (Eng)	18 Anxiety + Depression: 9:30-11:00am (Spn) PLAY: 4:00- 5:00pm (Eng/Spn)	19
22 Smoking Cessation: 5:00-6:30 (Eng)	23 Anxiety & Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 3:15- 4:45pm (Spn) Smart Start: 11:15am-12:15pm (Eng/Spa) Seeking Safety: 1:30-3:00 (Eng)	24 Fall Prevention: 11:00am-12:30pm (Eng) Chronic Pain: 2:30-4:00pm (Eng) Recovery Program: Living in Balance: 5:00-6:30pm (Eng)	25 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents : 4:00- 5:00pm (Eng/Spn)	26
29 Smoking Cessation: 5:00-6:30 (Eng)	30 Anxiety & Depression: 9:00-10:30am (Eng) Smart Start: 11:15am-12:15pm (Eng/Spa) Seeking Safety: 1:30-3:00 (Eng)	31 Fall Prevention: 11:00am-12:30pm (Eng) Chronic Pain: 2:30-4:00pm (Eng) Recovery Program: Living in Balance 5:00-6:30pm (Eng)	1 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents : 4:00- 5:00pm (Eng/Spn)	2

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

Back in Action: Exercise and spinal health rehab education. Physical Therapist leads back strengthening movement and education is offered by medical provider. Excellent for sub-acute and recurrent spinal problems as well as chronic pain patients requiring spinal strength training.

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

Chronic Pain: Covering self-management, opiate harm reduction, relaxation, mindfulness, alternative techniques, nutrition, cognitive behavioral therapy and physical movement. Can help with weaning opiates + controlling pain.

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.

Fall Prevention: Senior-specific healthcare to support vision, hearing, nutrition and memory assessments. Physical therapist leads exercises which will decrease the risk of falling. targeted to patients who have had 1 or more fall in the last year.

Liver Health: Hepatitis C assessment and treatment.

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.

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

Seeking Safety: Learn to cope with past trauma and/or substance abuse through support, education and mindfulness techniques. Understand the effects of trauma, addiction and attaining safety in many aspect of life.

Smart Start: Resource for parents and babies 0-2 yrs with questions + concerns about development and parenting. Baby food cooking demos, individual assessment with a medical provider, baby play time and education.

Smoking Cessation: 7 week program Smoking Cessation 7 week program to help quit smoking. Based on the American Lung Association's freedom from smoking course and clinically proven to help more patients quit than any program of its kind. Smoking cessation prescriptions and aids available. Quit day is mid-program, so patients that are not yet ready to quit, but thinking about it, are welcome.

Taking Control of Your Health: Resource for general health, self-empowerment, coping with illness. A great place to receive support to improve health and lifestyle by using goal setting and community building.