

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	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 9:00-10:30 am (Eng)
5	6 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)	7 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	8 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	9 Recovery Program: Living in Balance: 9:00-10:30am (Eng)  Be At Ease: 12:30-1:15pm (Eng)
12	13 Recovery Program: Living in Balance: 9:30-10:30am (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Spn) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	14 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	15 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	16 Recovery Program: Living in Balance: 9:00-10:30 am (Eng)  Be At Ease: 12:30-1:15pm (Eng)
19	20 Recovery Program: Living in Balance: 9:30-10:30am (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Spn) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	21 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	22 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	23 Recovery Program: Living in Balance: 9:00-10:30 am (Eng)  Be At Ease: 12:30-1:15pm (Eng)
26	27 Recovery Program: Living in Balance: 9:30-10:30am (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Spn) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	28 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	1 Anxiety + Depression: 9:00-10:30am (Spa)  Anxiety + Depression: 11:00am-12:30pm (Eng)	2 Recovery Program: Living in Balance: 9:00-10:30am (Eng)  Be At Ease: 12:30-1:15pm (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.