

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 <b>Recovery Program: Living in Balance:</b> 9:30-10:30am (Eng) <b>Diabetes Prevention + Management:</b> 1:30-2:45 pm (Eng) <b>R-PLAY Kids + Parents:</b> 4:00-5:00 pm (Eng/Spn)	2 <b>Recovery Program: Addiction Recovery Refill Group:</b> 9:30-11:30am (Eng)	3 <b>Anxiety + Depression:</b> 9:00-10:30am (Spa) <b>Anxiety + Depression:</b> 11:00am-12:30pm (Eng)	4 <b>Recovery Program: Living in Balance:</b> 9:00-10:30 am (Eng)  <b>Be At Ease:</b> 12:30-1:15pm (Eng)
7	8 <b>Recovery Program: Living in Balance:</b> 9:30-10:30am (Eng) <b>Diabetes Prevention + Management:</b> 1:30-2:45 pm (Spn) <b>R-PLAY Kids + Parents:</b> 4:00-5:00 pm (Eng/Spn)	9 <b>Recovery Program: Addiction Recovery Refill Group:</b> 9:30-11:30am (Eng)	10 <b>Anxiety + Depression:</b> 9:00-10:30am (Spa) <b>Anxiety + Depression:</b> 11:00am-12:30pm (Eng)	11 <b>Recovery Program: Living in Balance:</b> 9:00-10:30am (Eng)
14	15 <b>Recovery Program: Living in Balance:</b> 9:30-10:30am (Eng) <b>Diabetes Prevention + Management:</b> 1:30-2:45 pm (Eng) <b>R-PLAY Kids + Parents:</b> 4:00-5:00 pm (Eng/Spn)	16 <b>Recovery Program: Addiction Recovery Refill Group:</b> 9:30-11:30am (Eng)	17 <b>Anxiety + Depression:</b> 9:00-10:30am (Spa) <b>Anxiety + Depression:</b> 11:00am-12:30pm (Eng)	18 <b>Recovery Program: Living in Balance:</b> 9:00-10:30 am (Eng)
21	22 <b>Recovery Program: Living in Balance:</b> 9:30-10:30am (Eng) <b>Diabetes Prevention + Management:</b> 1:30-2:45 pm (Spn) <b>R-PLAY Kids + Parents:</b> 4:00-5:00 pm (Eng/Spn)	23 <b>Recovery Program: Addiction Recovery Refill Group:</b> 9:30-11:30am (Eng)	24 <b>Anxiety + Depression:</b> 9:00-10:30am (Spa) <b>Anxiety + Depression:</b> 11:00am-12:30pm (Eng)	25 <b>Recovery Program: Living in Balance:</b> 9:00-10:30 am (Eng)  <b>Be At Ease:</b> 12:30-1:15pm (Eng)
28	29 <b>Recovery Program: Living in Balance:</b> 9:30-10:30am (Eng) <b>R-PLAY Kids + Parents:</b> 4:00-5:00 pm (Eng/Spn)	30 <b>Recovery Program: Addiction Recovery Refill Group:</b> 9:30-11:30am (Eng)	31 <b>Anxiety + Depression:</b> 9:00-10:30am (Spa) <b>Anxiety + Depression:</b> 11:00am-12:30pm (Eng)	1 <b>Recovery Program: Living in Balance:</b> 9:00-10:30am (Eng)  <b>Be At Ease:</b> 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.