

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Smoking Cessation: 3:30-5:00pm	<b>31</b> Recovery Program: Living in Balance: 9:30-10:30am (Eng) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	<b>1</b> Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	<b>2</b> Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	<b>3</b> Recovery Program: Living in Balance 9:00-10:30 am (Eng)
<b>6</b> Gentle Yoga: 10:00-11:00am Smoking Cessation: 3:30-5:00pm	<b>7</b> Recovery Program: Living in Balance: 9:30-10:30am (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Eng) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	<b>8</b> Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	<b>9</b> Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	<b>10</b> Recovery Program: Living in Balance: 9:00-10:30am (Eng)
<b>13</b> Gentle Yoga: 10:00-11:00am Smoking Cessation: 3:30-5:00pm	<b>14</b> 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)	<b>15</b> Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	<b>16</b> Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	<b>17</b> Recovery Program: Living in Balance: 9:00-10:30 am (Eng)
<b>20</b> Gentle Yoga: 10:00-11:00am Smoking Cessation: 3:30-5:00pm	<b>21</b> Recovery Program: Living in Balance: 9:30-10:30am (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Eng) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	<b>22</b> Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	<b>23</b> Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	<b>24</b> Recovery Program: Living in Balance: 9:00-10:30 am (Eng)
<b>27</b> Gentle Yoga: 10:00-11:00am	<b>28</b> 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)	<b>29</b> Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	<b>30</b> Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	<b>31</b> Recovery Program: Living in Balance: 9:00-10:30am (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.

**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. Patients that are not yet ready to quit, but thinking about it, are welcome.