

Monday	Tuesday	Wednesday	Thursday	Friday
3 LABOR DAY HOLIDAY	4 Recovery Program: Living in Balance: 10:30am-12pm (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Eng) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	5 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	6 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	7 Recovery Program: Living in Balance 9:00-10:30 am (Eng)
10 Gentle Yoga: 10:00-11:00am	11 Recovery Program: Living in Balance: 10:30am-12pm (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Spa) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	12 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	13 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	14 Recovery Program: Living in Balance: 9:00-10:30am (Eng)
17 Gentle Yoga: 10:00-11:00am	18 Recovery Program: Living in Balance: 10:30am-12pm (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Eng) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	19 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	20 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	21 Recovery Program: Living in Balance: 9:00-10:30 am (Eng)
24 Gentle Yoga: 10:00-11:00am	25 Recovery Program: Living in Balance: 10:30am-12pm (Eng) Diabetes Prevention + Management: 1:30-2:45 pm (Spa) R-PLAY Kids + Parents: 4:00-5:00 pm (Eng/Spn)	26 Recovery Program: Addiction Recovery Refill Group: 9:30-11:30am (Eng)	27 Anxiety + Depression: 9:00-10:30am (Spa) Anxiety + Depression: 11:00am-12:30pm (Eng)	28 Recovery Program: Living in Balance: 9:00-10:30 am (Eng)

707.559.7500
phealthcenter.org

**Free fitness classes



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.

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.

Gentle Yoga: Connect to your breath and body and let go of your stress, worries, and burdens. Our new yoga class comprises of gentle stretching and learning yoga poses. Come try our relaxing and FREE class!