

Monday	Tuesday	Wednesday	Thursday	Friday
1 Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	2 Anxiety+Depression:9:00-10:30am (Eng) Diabetes Prevention+ Management: 10:00-11:15 (Eng) PainEmpowerment:3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	3 Liver Health: 9:00-11:00am (Eng/Spa) Fall Prevention: 10:30am-12:00pm (Eng) Recovery Program: Living in Balance: 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	4 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	5 Be At Ease: **Cancelled
8 Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	9 Anxiety + Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Spa) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	10 Fall Prevention: 10:30am-12:00pm (Eng) Recovery Program: Living in Balance 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	11 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	12 Be At Ease: 3:30-4:30pm (Eng)
15 Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	16 Anxiety + Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Eng) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	17 Liver Health: 9:00-11:00am (Eng/Spa) Fall Prevention: 10:30am-12:00pm (Eng) Recovery Program: Living in Balance: 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	18 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	19 Be At Ease: 3:30-4:30pm (Eng)
22 Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	23 Anxiety + Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Spa) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	24 Liver Health: 9:30-10:30am (Eng/Spa) Fall Prevention: 10:30am-12:00pm (Eng) Recovery Program: Living in Balance: 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	25 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	26 Be At Ease: 3:30-4:30pm (Eng)
29 Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	30 Anxiety + Depression: 9:00-10:30am (Eng) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	31 Fall Prevention: *CANCELLED Recovery Program: Living in Balance: 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	1 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	2 Be At Ease: 3:30-4:30pm (Eng)

**Free classes



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.

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.

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

Liver Health: Hepatitis C assessment and treatment.

Pain Empowerment: An all-in-one group for patients experiencing chronic pain. Covers supports, stress relief, exercises with a physical therapist, nutrition, healing techniques, and medication assistance.

PLAY Kids + Parents: Whole family health including fun for kids ages 5-12! Offers 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 aspects of life.

Middle Eastern Dance: This exercise class teaches the fundamental movements of Middle Eastern dance.

Zumba: Zumba involves dance and aerobic movements performed to energetic music. Come try our new fun and FREE exercise classes!