

Monday	Tuesday	Wednesday	Thursday	Friday
3 Recovery Program: Addiction Recovery Refill Group: 3:30-4:30 pm (Eng) Freedom from Nicotine: 5:00-6:30pm (Eng)	4 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)	5 Liver Health: 9:00-11:00am (Eng/Spa) Recovery Program: Living in Balance 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	6 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	7 Be At Ease: **cancelled
10 Recovery Program: Addiction Recovery Refill Group: 3:30-4:30 pm (Eng) Freedom from Nicotine: 5:00-6:30pm (Eng)	11 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)	12 Recovery Program: Living in Balance 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	13 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	14 Be At Ease: **cancelled
17 Recovery Program: Addiction Recovery Refill Group: 3:30-4:30 pm (Eng) Freedom from Nicotine: 5:00-6:30pm (Eng)	18 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)	19 Liver Health: 9:00-11:00am (Eng/Spa) Recovery Program: Living in Balance: 5:00-6:30pm (Eng) Zumba: 5:30-6:30pm	20 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	21 Be At Ease: 3:30-4:30pm (Eng)
24 Recovery Program: Addiction Recovery Refill Group: **cancelled	25 CHRISTMAS DAY HOLIDAY	26 Recovery Program: Living in Balance: 5:00-6:30pm (Eng) Zumba: **cancelled	27 Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	28 Be At Ease: 3:30-4:30pm (Eng)
31 Recovery Program: Addiction Recovery Refill Group: **cancelled				

**Free fitness 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.

Freedom from Nicotine: 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.

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.

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