

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|   |   |   |   | 1<br>Be At Ease: **cancelled  |
| 4<br>Recovery Program: Addiction<br>Recovery Refill Group: 2:30-4:30 pm (Eng)<br>Freedom from Nicotine: 5:00-6:30pm (Eng)               | 5<br>Anxiety + Depression: 9:00-10:30am (Eng)<br>Diabetes Prevention + Management: 10:00-11:15 (Eng)<br>Seeking Safety: 1:30-3:00 (Eng)<br>Pain Empowerment: 3:30-5:00pm (Eng)  | 6<br>Liver Health: 9:00-11:00am (Eng/Spa)<br>Fall Prevention: 10:30-12:00pm(Eng)<br>Recovery Program: Living in Balance 5:00-6:30pm (Eng)<br>Zumba: 5:30-6:30pm   | 7<br>Anxiety + Depression: 9:30-11:00am (Spn)<br>PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)  | 8<br>Be At Ease: 3:30-4:30pm (Eng)  |
| 11<br>Recovery Program: Addiction<br>Recovery Refill Group: 2:30-4:30 pm (Eng)<br>Freedom from Nicotine: 5:00-6:30pm (Eng)              | 12<br>Anxiety + Depression: 9:00-10:30am (Eng)<br>Diabetes Prevention + Management: 10:00-11:15 (Spn)<br>Seeking Safety: 1:30-3:00 (Eng)<br>Pain Empowerment: 3:30-5:00pm (Eng) | 13<br>Fall Prevention: 10:30-12:00pm(Eng)<br>Recovery Program: Living in Balance: 5:00-6:30pm (Eng)<br>Zumba: 5:30-6:30pm   | 14<br>Anxiety + Depression: 9:30-11:00am (Spn)<br>PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn) | 15<br>Be At Ease: 3:30-4:30pm (Eng)   |
| 18<br>Recovery Program: Addiction<br>Recovery Refill Group: 2:30-4:30 pm (Eng)<br>Freedom from Nicotine: 5:00-6:30pm (Eng)* last class* | 19<br>Anxiety + Depression: 9:00-10:30am (Eng)<br>Diabetes Prevention + Management: 10:00-11:15 (Eng)<br>Seeking Safety: 1:30-3:00 (Eng)<br>Pain Empowerment: 3:30-5:00pm (Eng) | 20<br>Fall Prevention: 10:30-12:00pm(Eng)<br>Liver Health: 9:00-11:00am (Eng/Spa)<br>Recovery Program: Living in Balance: 5:00-6:30pm (Eng)<br>Zumba: 5:30-6:30pm | 21<br>Anxiety + Depression: 9:30-11:00am (Spn)<br>PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn) | 22<br>Be At Ease: 3:30-4:30pm (Eng)   |
| 25<br>Recovery Program: Addiction<br>Recovery Refill Group: 2:30-4:30 pm (Eng)  | 26<br>Anxiety + Depression: 9:00-10:30am (Eng)<br>Diabetes Prevention + Management: 10:00-11:15 (Spn)<br>Seeking Safety: 1:30-3:00 (Eng)<br>Pain Empowerment: 3:30-5:00pm (Eng) | 27<br>Fall Prevention: 10:30-12:00pm(Eng)<br>Recovery Program: Living in Balance: 5:00-6:30pm (Eng)<br>Zumba: 5:30-6:30pm   | 28<br>Anxiety + Depression: 9:30-11:00am (Spn)<br>PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn) |  |

\*\*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.

**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.

**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!