

Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> **Free fitness classes </div>			1 Be At Ease: 3:30-4:30 pm (Eng)
4 Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	5 Anxiety + Depression: 9:00-10:30 am (Eng) Diabetes Prevention + Management: 10:00-11:15 am (Eng) Seeking Safety: 1:30-3:00 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng)	6 Liver Health: 9:00-11:00 am (Eng/Spn) Recovery Program: Living in Balance cancelled Zumba: 5:30-6:30 pm	7 Anxiety + Depression: 9:30-11:00 am (Spn) PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)	8 Be At Ease: 3:30-4:30 pm (Eng)
11 Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	12 Anxiety + Depression: 9:00-10:30 am (Eng) Diabetes Prevention + Management: 10:00-11:15 am (Spn) Seeking Safety: 1:30-3:00 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng)	13 Recovery Program: Living in Balance: 5:00-6:30 pm (Eng) Zumba: 5:30-6:30 pm	14 Anxiety + Depression: 9:30-11:00 am (Spn) PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)	15 Be At Ease: 3:30-4:30 pm (Eng)
18 Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	19 Anxiety + Depression: 9:00-10:30 am (Eng) Diabetes Prevention + Management: 10:00-11:15 am (Eng) Seeking Safety: 1:30-3:00 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng)	20 Liver Health: 9:00-11:00 am (Eng/Spn) Recovery Program: Living in Balance: cancelled (Eng) Zumba: 5:30-6:30 pm	21 Anxiety + Depression: 9:30-11:00 am (Spn) PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)	22 Be At Ease: *cancelled
25 Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	26 Anxiety + Depression: 9:00-10:30 am (Eng) Diabetes Prevention + Management: 10:00-11:15 am (Spn) Seeking Safety: 1:30-3:00 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng)	27 Recovery Program: Living in Balance: cancelled(Eng) Zumba: 5:30-6:30 pm	28 Anxiety + Depression: 9:30-11:00 am (Spn) PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)	29 Be At Ease: 3:30-4:30 pm (Eng)

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.

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!