

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Addiction Recovery Refill Group:</p> <p>2:30-4:30 pm (Eng)</p>	<p>2</p> <p>Anxiety + Depression: 9:00-10:00 am (Eng)</p> <p>Diabetes Prevention + Management: 10:00-11:15 am (Eng)</p> <p>Seeking Safety: 1:30-2:30 pm (Eng)</p> <p>Pain Empowerment: 3:30-5:00 pm (Eng)</p> <p>Workout for Everybody: 5:30-6:30pm (Eng)</p>	<p>3</p> <p>Anxiety + Depression: 11:00-12:00 am (Spn)</p> <p>Liver Health: 9:00-11:00 am (Eng/Spn)</p> <p>Fall Prevention: 10:30-12:00 pm(Eng)</p> <p>Weight Loss: 3:30-4:30pm (Eng)</p> <p>Recovery Program: Living in Balance 4:00-5:00pm (Eng)</p>	<p>4</p> <p>HOLIDAY</p>	<p>5</p> <p>Be At Ease: 3:30-4:30 pm (Eng)</p>
<p>8</p> <p>Addiction Recovery Refill Group:</p> <p>2:30-4:30 pm (Eng)</p>	<p>9</p> <p>Anxiety + Depression: 9:00-10:00 am (Eng)</p> <p>Diabetes Prevention + Management: 10:00-11:15 am (Spn)</p> <p>Seeking Safety: 1:30-2:30 pm (Eng)</p> <p>Pain Empowerment: 3:30-5:00 pm (Eng)</p> <p>Workout for Everybody: 5:30-6:30pm (Eng)</p>	<p>10</p> <p>Anxiety + Depression: 11:00-12:00 am (Spn)</p> <p>Fall Prevention: 10:30-12:00 pm(Eng)</p> <p>Weight Loss: 3:30-4:30pm (Eng)</p> <p>Recovery Program: Living in Balance 4:00-5:00pm (Eng)</p>	<p>11</p> <p>PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)</p>	<p>12</p> <p>Be At Ease: 3:30-4:30 pm (Eng)</p>
<p>15</p> <p>Addiction Recovery Refill Group:</p> <p>2:30-4:30 pm (Eng)</p>	<p>16</p> <p>Anxiety + Depression: 9:00-10:00 am (Eng)</p> <p>Diabetes Prevention + Management: 10:00-11:15 am (Eng)</p> <p>Seeking Safety: 1:30-2:30 pm (Eng)</p> <p>Pain Empowerment: 3:30-5:00 pm (Eng)</p> <p>Workout for Everybody: 5:30-6:30pm (Eng)</p>	<p>17</p> <p>Anxiety + Depression: 11:00-12:00 am (Spn)</p> <p>Fall Prevention: 10:30-12:00 pm (Eng)</p> <p>Weight Loss: 3:30-4:30pm (Eng)</p> <p>Recovery Program: Living in Balance: 4:00-5:00pm (Eng)</p>	<p>18</p> <p>Liver Health: 1:30-2:30pm (Eng/Spn)</p> <p>PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)</p>	<p>19</p> <p>Be At Ease: 3:30-4:30 pm (Eng)</p>
<p>22</p> <p>Addiction Recovery Refill Group:</p> <p>2:30-4:30 pm (Eng)</p>	<p>23</p> <p>Anxiety + Depression: 9:00-10:00 am (Eng)</p> <p>Diabetes Prevention + Management: 10:00-11:15 am (Spn)</p> <p>Seeking Safety: 1:30-2:30 pm (Eng)</p> <p>Pain Empowerment: 3:30-5:00 pm (Eng)</p> <p>Workout for Everybody: 5:30-6:30pm (Eng)</p>	<p>24</p> <p>Anxiety + Depression: 11:00-12:00 am (Spn)</p> <p>Fall Prevention: 10:30-12:00 pm(Eng)</p> <p>Weight Loss: 3:30-4:30pm (Eng)</p> <p>Recovery Program: Living in Balance: 4:00-5:00pm (Eng)</p>	<p>25</p> <p>PLAY Kids + Parents: 4:00- 5:00 pm (Eng/Spn)</p>	<p>26</p> <p>Be At Ease: 3:30-4:30 pm (Eng)</p>
<p>29</p> <p>Addiction Recovery Refill Group:</p> <p>2:30-4:30 pm (Eng)</p>	<p>30</p> <p>Anxiety + Depression: 9:00-10:00 am (Eng)</p> <p>Seeking Safety: 1:30-2:30 pm (Eng)</p> <p>Pain Empowerment: 3:30-5:00 pm (Eng)</p> <p>Workout for Everybody: 5:30-6:30pm (Eng)</p>	<p>31</p> <p>Anxiety + Depression: 11:00-12:00 am (Spn)</p> <p>Fall Prevention: 10:30-12:00 pm(Eng)</p> <p>Weight Loss: 3:30-4:30pm (Eng)</p> <p>Recovery Program: Living in Balance: 4:00-5:00pm (Eng)</p>	<p>Petaluma HealthCenter</p> <p>**Free fitness classes</p>	

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.

Workout for Everybody: Combo of cardio, strength and stretching intervals with modifications for all fitness levels

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.

Weight Loss: This is a small group of six people meeting on a weekly basis for accountability and support on their weight loss journey. Learn the facts about healthy eating and practical solutions to successfully manage your weight. We discuss meal plans, common obstacles, recipes, and what to change for the long-term in order to reach our common goal of weight loss and maintenance.