


Monday	Tuesday	Wednesday	Thursday	Friday
1 Gentle Yoga: 10:00-11:30 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng) Freedom from Nicotine: 3:30-5:00pm (Eng)	2 Weight Loss: 8:45-9:45 am (Eng) Recovery Program: Living in Balance 10:30am-11:30pm (Eng) Diabetes Prevention + Management: 1:30-2:45pm(Eng/Spn) Addiction Recovery Refill Group: 2:30-4:30pm (Eng) R-PLAY: 4:00-5:00 pm (Eng/Spn) Recovery Program: Living in Balance 5:00-6:00 pm (Spn)	3 Addiction Recovery Refill Group: 9:30am-12:00pm (Eng)	4 HOLIDAY	5 Recovery Program: Living in Balance 9:00-10:30 am (Eng)
8 Gentle Yoga: 10:00-11:30 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng) Freedom from Nicotine: 3:30-5:00pm (Eng)	9 Weight Loss: 8:45-9:45 am (Eng) Recovery Program: Living in Balance 10:30am-11:30pm (Eng) Diabetes Prevention + Management: 1:30-2:45pm(Eng/Spn) Addiction Recovery Refill Group: 2:30-4:30pm (Eng) R-PLAY: 4:00-5:00 pm (Eng/Spn) Recovery Program: Living in Balance 5:00-6:00 pm (Spn)	10 Addiction Recovery Refill Group: 9:30am-12:00pm (Eng)	11 Anxiety + Depression: 9:00-10:30am (Spn) Anxiety + Depression 11:00am-12:30pm (Eng)	12 Recovery Program: Living in Balance 9:00-10:30 am (Eng)
15 Gentle Yoga: 10:00-11:30 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng) Freedom from Nicotine: 3:30-5:00pm (Eng)	16 Weight Loss: 8:45-9:45 am (Eng) Recovery Program: Living in Balance 10:30am-11:30pm (Eng) Diabetes Prevention+Management: 1:30:2:45pm(Eng/Spn) Addiction Recovery Refill Group: 2:30-4:30pm (Eng) R-PLAY: 4:00-5:00 pm (Eng/Spn) Recovery Program: Living in Balance 5:00-6:00 pm (Spn)	17 Addiction Recovery Refill Group: 9:30am-12:00pm (Eng)	18 Anxiety + Depression: 9:00-10:30am (Spn) Anxiety + Depression 11:00am-12:30pm (Eng)	19 Recovery Program: Living in Balance 9:00-10:30 am (Eng)
22 Gentle Yoga: 10:00-11:30 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng) Freedom from Nicotine: 3:30-5:00pm (Eng)	23 Weight Loss: 8:45-9:45 am (Eng) Recovery Program: Living in Balance 10:30am-11:30pm (Eng) Diabetes Prevention + Management: 1:30-2:45pm(Eng/Spn) Addiction Recovery Refill Group: 2:30-4:30pm (Eng) R-PLAY: 4:00-5:00 pm (Eng/Spn) Recovery Program: Living in Balance 5:00-6:00 pm (Spn)	24 Addiction Recovery Refill Group: 9:30am-12:00pm (Eng)	25 Anxiety + Depression: 9:00-10:30am (Spn) Anxiety + Depression 11:00am-12:30pm (Eng)	26 Recovery Program: Living in Balance 9:00-10:30 am (Eng)
29 Gentle Yoga: 10:00-11:30 pm (Eng) Pain Empowerment: 3:30-5:00 pm (Eng) Freedom from Nicotine: 3:30-5:00pm (Eng)	30 Weight Loss: 8:45-9:45 am (Eng) Recovery Program: Living in Balance 10:30am-11:30pm (Eng) Diabetes Prevention+Management: 1:30:2:45pm(Eng/Spn) Addiction Recovery Refill Group: 2:30-4:30pm (Eng) R-PLAY: 4:00-5:00 pm (Eng/Spn) Recovery Program: Living in Balance 5:00-6:00 pm (Spn)	31 Addiction Recovery Refill Group: 9:30am-12:00pm (Eng)	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> **Free fitness classes </div>	
				 <p>Rohnert Park HealthCenter An Affiliate of Potluma Health Center</p>

Anxiety + Depression: Learn self-empowerment, self-management, mindfulness (meditation), relaxation + techniques for coping with anxiety and depression. Participants explore the multitude of factors that influence these conditions.

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.

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

Recovery Program: Addiction Recovery Refill Group: Learn recovery strategies for opioid dependence/addiction. Support is offered in the context of personal challenges with opioid dependence/addiction. Education, sharing + ongoing medical guidance is provided at each session.

Recovery Program: Living in Balance: Addiction + recovery specific education in a support group context, including lecture topics + sharing. Aimed to improve function + decrease suffering through learning core addiction concepts + recovery management skills.

R-PLAY Kids + Parents: Whole family health including fun for kids ages 5-12! Parental support, kids movement + stress relief exercises, family goal-setting, healthy food demos, snacks + gardening.

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.

Gentle Yoga: Connect to your breath and body and let go of your stress, worries, and burdens. Our new yoga class comprises of gentle stretching and learning yoga poses. Come try our relaxing and FREE class!

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 meals plans, common obstacles, recipes, and what to change for the long-term in order to reach our common goal of weight loss and maintenance.