

Monday	Tuesday	Wednesday	Thursday	Friday
		1  Clinic Closed	2  PLAY Kids + Parents: 4:00 pm (Eng/Spn)	3  Be At Ease: 3:30 pm
6 Addiction Recovery Refill Group: 2:30 pm (Eng) Freedom from Nicotine: 5:00pm (Eng)	7 Anxiety + Depression 9:00 am (Eng) Diabetes Prevention + Management: 11:00 am (Eng) Seeking Safety: 1:30 pm (Eng) Pain Empowerment: 3:30 pm (Eng) Workout for Everybody: 5:30 pm	8 Weight Loss: 8:45 am (Spn) Anxiety + Depression: 11:00 am (Spn) Weight Loss: 3:30 pm (Eng) Diabetes Prevention + Management: 4:00 pm (Spn) Recovery Program: Living in Balance 4:00 pm (Eng)	9  PLAY Kids + Parents: 4:00 pm (Eng/Spn)	10 Psychiatry Medication Management: 10:00 am (Eng) Be At Ease: 3:30 pm (Eng)
13 Addiction Recovery Refill Group: 2:30 pm (Eng) Freedom from Nicotine: 5:00pm (Eng)	14 Anxiety + Depression 9:00am (Eng) Diabetes Prevention + Management: 11:00am (Eng) Seeking Safety: 1:30pm (Eng) Pain Empowerment: 3:30pm (Eng) Workout for Everybody: 5:30pm	15 Weight Loss: 8:45am (Spn) Anxiety + Depression: 11:00am (Spn) Weight Loss: 3:3pm (Eng) Diabetes Prevention + Management: 4:00 pm (Spn) Recovery Program: Living in Balance 4:00 pm (Eng)	16  PLAY Kids + Parents: 4:00 pm (Eng/Spn)	17 Psychiatry Medication Management: 10:00 am (Eng) Be At Ease: No class
20 Addiction Recovery Refill Group: 2:30 pm (Eng) Freedom from Nicotine: 5:00pm (Eng)	21 Anxiety + Depression 9:00 am (Eng) Diabetes Prevention + Management: 11:00am (Eng) Seeking Safety: 1:30pm (Eng) Pain Empowerment: 3:30pm (Eng) Workout for Everybody: 5:30pm	22 Weight Loss: 8:45am (Spn) Anxiety + Depression: 11:00am (Spn) Weight Loss: 3:3pm (Eng) Diabetes Prevention + Management: 4:00 pm (Spn) Recovery Program: Living in Balance 4:00 pm (Eng)	23  PLAY Kids + Parents: 4:00 pm (Eng/Spn)	24 Psychiatry Medication Management: 10:00 am (Eng) Be At Ease: 3:30 pm (Eng)
27 Addiction Recovery Refill Group: 2:30 pm (Eng) Freedom from Nicotine: 5:00pm (Eng)	28 Anxiety + Depression 9:00 am (Eng) Diabetes Prevention + Management: 11:00 am (Eng) Seeking Safety: 1:30pm (Eng) Pain Empowerment: 3:30pm (Eng) Workout for Everybody: 5:30pm	29 Weight Loss: 8:45am (Spn) Anxiety + Depression: 11:00am (Spn) Weight Loss: 3:30pm (Eng) Diabetes Prevention + Management: 4:00 pm (Spn) Recovery Program: Living in Balance 4:00 pm (Eng) Freedom from Nicotine: 5:00pm (Eng)	30  PLAY Kids + Parents: 4:00 pm (Eng/Spn)	31 Psychiatry Medication Management: 10:00 am (Eng) Be At Ease: 3:30 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.

**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.

**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.

**Psychiatry Medication Management** – Group for established patients in psychiatric care to attend through recommendation and by their own sense of need and value. Brief review of medications, indicated changes and stability. Group processes around psychoeducation, general shared self-disclosures and therapeutic discussion/interventions/skill building.

**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.

**Workout for Everybody:** Combination of cardio, strength and stretching intervals with modifications for all fitness levels! Try our new fun and FREE exercise classes!