

Monday		Tuesday		Wednesday		Thursday		Friday	
3	LABOR DAY HOLIDAY	4	Anxiety + Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Eng) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	5	Liver Health: 9:00-11:00am (Eng/Spa) Recovery Program: Living in Balance: 5:00-6:30pm (Eng)	6	Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	7	Be At Ease: 3:30-4:30pm (Eng)
10	Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	11	Anxiety + Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Spa) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	12	Recovery Program: Living in Balance 5:00-6:30pm (Eng)	13	Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	14	Be At Ease: 3:30-4:30pm (Eng)
17	Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	18	Anxiety+Depression:9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Eng) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	19	Liver Health: 9:00-11:00am (Eng/Spa) Recovery Program: Living in Balance: 5:00-6:30pm (Eng)	20	Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00- 5:00pm (Eng/Spn)	21	Be At Ease: 3:30-4:30pm (Eng)
24	Recovery Program: Addiction Recovery Refill Group: 2:30-4:30 pm (Eng)	25	Anxiety + Depression: 9:00-10:30am (Eng) Diabetes Prevention + Management: 10:00-11:15 (Spa) Seeking Safety: 1:30-3:00 (Eng) Pain Empowerment: 3:30-5:00pm (Eng) Middle Eastern Dance: 5:00-6:00pm	26	Liver Health: 9:30-10:30am (Eng/Spa) Recovery Program: Living in Balance 5:00-6:30pm (Eng)	27	Anxiety + Depression: 9:30-11:00am (Spn) PLAY Kids + Parents: 4:00-5:00pm (Eng/Spn)	28	Be At Ease: 3:30-4:30pm (Eng)

**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.

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.

Middle Eastern Dance: This exercise class teaches the fundamental movements of Middle Eastern dance. Come try our new fun and FREE class!