

June 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFFICE CLOSED FOR MEMORIAL DAY 27	28	5 pm Yoga Class (45 min) 29	30	31	1 8 am Whole Foods Store Tour (Nicole) CANCELLED 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am Yoga class-60 min (Amie)
5:30 pm Thinking Styles & Behavior Greer) 3	4	5 pm Yoga Class (45 min) 5	6	7	8 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga Class 60 min (Amie) 12pm Men's Group (Bill)
5:30 pm Thinking Styles & Behavior (Greer) 10	11	5 pm Yoga Class (45 min) 12	13	14 8 am Whole Foods Store Tour (Nicole)	15 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am- Yoga Class 60 min (Amie) 12 pm- Nutrition Class (30 min with Nicole)
5:30 pm Thinking Styles & Behavior (Greer) 17	18	5 pm Yoga Class (45 min) 19	20	21	22 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)
5:30 pm Thinking Styles & Behavior (Greer) 24	25	5 pm Yoga Class (45 min) 26	27	28	29 OFFICE CLOSED ALL GROUPS CANCELLED