

# July 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>5:30 pm Thinking Styles &amp; Behavior Greer) CANCELLED</b></p> <p style="text-align: right;">1</p>		<p><b>5 pm Yoga for Every Body CANCELLED</b></p> <p style="text-align: right;">3</p>	<p><b>4<sup>th</sup> of July OFFICE CLOSED group</b></p> <p style="text-align: right;">4</p>		<p>9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)</p> <p style="text-align: right;">6</p>
<p>5:30 pm Thinking Styles &amp; Behavior Greer)</p> <p style="text-align: right;">8</p>		<p>5:30 pm Yoga For Every Body (45 min) Amie <b>*New start time *</b></p> <p style="text-align: right;">10</p>			<p>9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>11 am Yoga for Every body (60 min) Amie</b></p> <p style="text-align: right;">13</p>
<p>5:30 pm Thinking Styles &amp; Behavior (Greer)</p> <p style="text-align: right;">15</p>		<p>5:30 pm Yoga For Evvery body (45 min) Amie</p> <p style="text-align: right;">17</p>		<p><b>8 am Trader Joe's Store Tour (Nicole)</b></p>	<p>9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)</p> <p style="text-align: right;">20</p>
<p>5:30 pm Thinking Styles &amp; Behavior (Greer)</p> <p style="text-align: right;">22</p>		<p>5:30 pm Yoga For Every Body (45 min) Amie</p> <p style="text-align: right;">24</p>			<p>9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>10:30 am- Nutrition Class (30 min) Kathy</b> <b>11 am Yoga For Every Body (60 min) Amie</b></p> <p style="text-align: right;">27</p>
<p>5:30 pm Thinking Styles &amp; Behavior (Greer)</p> <p style="text-align: right;">29</p>		<p>5:30 pm Yoga for Every Body (45 min) Amie</p> <p style="text-align: right;">31</p>			<p><b>8 am Whole Foods Tour (Kathy)</b> 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill)</p> <p style="text-align: right;">3</p>