

SEPTEMBER CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
30	5:30 pm Thinking Styles and Behavior (Greer) 31	5:30 pm Coping During COVID (Bill) 1	6:30 pm Seated Yoga for Every Body (Amie) 2	6:30 pm Fitness Class (CANCELED) 3	4	9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Group*(Greer) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 5
6	Office Closed- Group Canceled 7	5:30 pm Coping During COVID (Bill) 8	6:30 pm Seated Yoga for Every Body (Amie) 9	5:30 pm Long Term Maintenance* (Bill) 6:30 pm Fitness Class (Allison) 10	11	9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12pm Men's Group *(Bill) 12 pm Living Solo (Michelle) 1 pm Yoga (Amie) 12
13	5:30 pm Thinking Styles and Behavior (Greer) 14	5:30 pm Coping During COVID (Bill) 15	6:30 pm Seated Yoga for Every Body (Amie) 16	6:30 pm Fitness Class (Allison) 17	18	9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Group* (Greer) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 19
20	5:30 pm Thinking Styles and Behavior (Greer) 21	5:30 pm Coping During COVID (Bill) 22	6:30 pm Seated Yoga for Every Body (Amie) 23	5:30 pm Long Term Maintenance* (Bill) 6:30 pm Fitness Class (Allison) 24	25	9 am Long Term Weight Mgmt (Bill) 10 am Treatment Issues* (Bill) 11 am Treatment Issues* (Bill) 12pm Men's Group *(Bill) 12 pm Living Solo (Michelle) 1 pm Seated Yoga for Every Body (Amie) 26
27	5:30 pm Thinking Styles and Behavior (Greer) 28	5:30 pm Coping During COVID (Bill) 29	6:30 pm Seated Yoga for Every Body (Amie) 30	6:30 pm Fitness Class (Allison) 1	2	9 am Long Term Weight Mgmt (Greer) 10 am Bariatric Support Group* (Greer) 1 pm Seated Yoga for Every Body (Amie) 3