

# NOVEMBER CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill)	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill)		7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill) 1 pm Yoga (Amie) 2 pm Nutrition Class (Nicole)
1	2	3	4	5	6	7
	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill)	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison)		9 am Long-Term Weight Mgmt Support Group (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie)
8	9	10	11	12	13	14
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill)	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill)		7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill) 1 pm Yoga (Amie)
15	16	17	18	19	20	21
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill)	5:30 pm Election Stress (Greer) 6:30 pm Seated Yoga for Every Body (Amie)	<b>OFFICE CLOSED CLASS CANCELED</b>	<b>OFFICE CLOSED</b>	9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Greer) 1 pm Seated Yoga for Every Body (Amie)
22	23	24	25	26	27	28
	5:30 pm Thinking Styles and Behavior (Greer)					
29	30					

