

JUNE CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
30	MEMORIAL DAY 5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Amie) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill)	4	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 Seated Yoga for Every Body (Amie)
6	5:30 pm Thinking Styles and Behavior (CANCELLED)	6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness Class (Allison)	11	9 am Long-Term Weight Mgmt Support Group (Greer) CANCELLED 1 pm Seated Yoga for Every Body (Amie)
13	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill)	18	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 Seated Yoga for Every Body (Amie)
20	5:30 pm Thinking Styles and Behavior	6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness Class (Allison)	25	9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Nicole)
27	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness class (Allison) 5:30 pm Active Maintenance* (Bill)	2	9 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 Seated Yoga for Every Body (Amie)