

# MAY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
						9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo (Michelle)* 1 pm Seated Yoga for Every Body (Amie)
25	5:30 pm Thinking Styles and Behavior (Greer) 26	6:30 pm Reserved Working Women (Greer & Michelle) 27	5:30 pm Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie) 28	4:30 pm Fitness Class (Allison) 29	30	1
2	5:30 pm Thinking Styles and Behavior 3	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle) 4	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 5	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 6:30 pm Preparing for Maintenance* (Bill) 6	7	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) 8
9	5:30 pm Thinking Styles and Behavior 10	6:30 pm Reserved Working Women (Greer & Michelle) 11	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 12	4:30 pm Fitness Class (Allison) 13	14	9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo <b>Substitute:</b> Greer 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Kathy) 15
16	5:30 pm Thinking Styles and Behavior 17	5:30 pm Coping During COVID (Bill) * 6:30 pm Reserved Working Women (Greer & Michelle) 18	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 19	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 6:30 pm Preparing for Maintenance* (Bill) 20	21	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) 22
23	5:30 pm Thinking Styles and Behavior (Greer) 24	6:30 pm Reserved Working Women (Greer & Michelle) 25	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle) 26	4:30 pm Fitness class (Allison) 27	28	9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Michelle) <b>last meeting</b> 1 pm Seated Yoga for Every Body (Amie) 29
30	<b>MEMORIAL DAY</b> 5:30 pm Thinking Styles and Behavior (Greer) 31					