



July Wellness

MON	TUE	WED	THU	FRI	SAT	SUN
29 <u>Chair</u> <u>Yoga</u> <u>2pm</u>	30 <u>Mindfulness</u> <u>Meditation</u> <u>6pm</u>	01	02 <u>Movement</u> <u>with Mark</u> <u>11am</u>	03 <i>Office Closed</i>	04 <i>July 4th</i>	05
06 <u>Chair</u> <u>Yoga w</u> <u>Sharon R.</u> <u>2pm</u>	07	08 <u>Gentle</u> <u>Yoga</u> <u>11am</u>	09	10 <u>Yoga</u> <u>Nidra</u> <u>3pm</u>	11	12
13 <u>Chair</u> <u>Yoga</u> <u>2pm</u>	14	15	16	17 <u>Just</u> <u>Breathe</u> <u>12pm</u>	18	19
20 <u>Chair</u> <u>Yoga w</u> <u>Sharon R.</u> <u>2pm</u>	21 <u>Mindfulness</u> <u>Meditation</u> <u>6pm</u>	22	23 <u>T'ai Chi</u> <u>with Rami</u> <u>2pm</u>	24	25	26
27 <u>Chair</u> <u>Yoga</u> <u>2pm</u>	28 <u>Dance</u> <u>Therapy</u> <u>12pm</u>	29	30 <u>Get Fit</u> <u>w/Sharon</u> <u>1pm</u>	31 <u>Sound</u> <u>Bath</u> <u>2pm</u>	02	03

all times listed in Eastern Time (EDT)