



IWMMF January Wellness

MON	TUE	WED	THU	FRI	SAT	SUN
29 <u>CHAIR</u> <u>YOGA</u> <u>2pm</u>	30	31 <i>New Year's Eve</i>	01 <i>New Year's Day</i> <u>Movement</u> <u>with Mark</u> <u>11am</u>	02 <u>Sound</u> <u>Bath</u> <u>2pm</u>	03	04
05 <u>CHAIR</u> <u>YOGA</u> <u>2pm</u>	06 <u>Just</u> <u>Breathe</u> <u>9:30am</u>	07 <u>Qigong</u> <u>w/Donna</u> <u>10:30am</u>	08	09 <u>Gentle</u> <u>Yoga</u> <u>11am</u>	10	11
12 <u>Chair</u> <u>Yoga w</u> <u>Sharon R.</u> <u>2pm</u>	13 <u>Laugh for</u> <u>the Health of</u> <u>It 12pm</u>	14	15	16 <u>Get Fit</u> <u>w/Sharon</u> <u>1pm</u>	17	18
19 <i>MLK Day</i> <i>No Class</i>	20 <u>Dance</u> <u>Therapy.</u> <u>12pm</u>	21	22 <u>The What</u> <u>ifs of WM</u> <u>12pm</u>	23 <u>Yoga</u> <u>Nidra</u> <u>3pm</u>	24	25
26 <u>Chair</u> <u>Yoga w</u> <u>Sharon R.</u> <u>2pm</u>	27 <u>Mindfulness</u> <u>Meditation</u> <u>6pm</u>	28	29 <u>Movement</u> <u>with Mark</u> <u>11am</u>	30 <u>Sound</u> <u>Bath</u> <u>2pm</u>	31	01