June Wellness

MON	TUE	WED	THU	FRI	SAT	SUN
01 Chair Yoga 2pm	02 Laugh for the Health of It 12pm	03 Qigong w/Donna 11am	04	05 Movement with Mark 11am	06	07
08 Chair Yoga 2pm	09	10 Slow Flow Yoga 11am	11	12 Yoga Nidra 3pm	13	14
15 Chair Yoga 2pm	16 Get Creative 12pm	17	18 Get Fit w/Sharon 1pm	19	20	21
22 Chair Yoga w Sharon R. 2pm	23 Just Breathe 12pm	24	25	26 Sound Bath 2pm	27	28
29 Chair Yoga 2pm	30 Mindfulness Meditation 6pm	1	2	3 *Office Closed*	4 *July 4th*	5

all times listed in Eastern Time (EDT)