

## March 2023 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 10am- Pharmacy Website Education (2) 1pm- Learning to Lift (1) 3pm- Pharmacy Website Education (2) 5pm- Walking Group (1) 5:30pm- ESL (1)	2 8:30am-7pm 8:30am- Walking Group (1) 10:30am- Creative Cooking (1) 10:30am- Light Lifts (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 2pm- Mental Wellness (1) 5pm- Walking Group (1) 5pm- Stress and How to Manage Your Mind (1) 5:30pm- Creative Cooking (1)	3 9am-12pm 9am- Walking Group (1) 10am- Zumba (1)
6 8:30am-7pm 8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 4:30pm- Courage to Change- Spanish (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)	7 8:30am-7pm 8:30am- Walking Group (1) 9am- Eat Smart, Be Active (2) 10am- Pharmacy Website Education (2) 2pm- Low Impact Fitness (1) 3pm- Pharmacy Website Education (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Bingo (1)	8 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 10am- Pharmacy Website Education (2) 10:30am- SitFit (2) 1pm- Learning to Lift (1) 3pm- Pharmacy Website Education (2) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- What is Hypertension? (1) 6pm- Financial Literacy (2)	9 8:30am-7pm 8:30am- Walking Group (1) 9:00am- Bible Study (1) 10:30am- Creative Cooking (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5:30pm- Creative Cooking (1)	10 9am-12pm 9am- Walking Group (1) 10am- Zumba (1) 11am- SitFit (1)
HTC CLOSED	HTC CLOSED	HTC CLOSED	HTC CLOSED	HTC CLOSED
13       	14       	15       	16       	17       
20 8:30am-7pm 8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 4:30pm- Courage to Change- Spanish (1) 5pm- Walking Group (1) 5:00pm- Zumba (1) 5:30pm- ESL (1)	21 8:30am-7pm 8:30am- Walking Group (1) 9am- Eat Smart, Be Active (2) 10am- Pharmacy Website Education (2) 11am- Eating with Diabetes (1) 2pm- Low Impact Fitness (1) 3pm- Pharmacy Website Education (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Loteria (1) 5:30pm- Diabetic Foot Health (2)	22 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 9:30am- First Aid Education (1) 10am- Pharmacy Website Education (2) 12:30pm- Heart Health (1) 1pm- Learning to Lift (1) 3pm- Pharmacy Website Education (2) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- What is Hypertension? (1) 6pm- Financial Literacy (2)	23 8:30am-7pm 8:30am- Walking Group (1) 10:30am- Creative Cooking (1) 10:30am- Light Lifts (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 2pm- Tobacco Free Lifestyle (1) 5pm- Walking Group (1) 5pm- Stress and How to Manage Your Mind (1) 5:30pm- Creative Cooking (1) 6pm- SitFit (2)	24 9am-12pm 9am- Walking Group (1) 10am- Zumba (1) 10:30am- Creative Cooking with Hypertension
27 8:30am-7pm 8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 4:30pm- Courage to Change- English (1) 5pm- Walking Group (1) 5:00pm- Zumba (1) 5:30pm- ESL (1) 5:30pm- Stress Management (1)	28 8:30am-7pm 8:30am- Walking Group (1) 9am- Eat Smart, Be Active (2) 10am- Pharmacy Website Education (2) 2pm- Low Impact Fitness (1) 3pm- Pharmacy Website Education (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1)	29 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 10am- Pharmacy Website Education (2) 12pm- Healthy You (1) 1pm- Learning to Lift (1) 3pm- Pharmacy Website Education (2) 5pm- Walking Group (1) 5:30pm- ESL (1) 6pm- Money Matters (1)	30 8:30am-7pm 8:30am- Walking Group (1) 9:00am- Bible Study (1) 10:30am- Creative Cooking (1) 12pm- Foods for Healthy Teeth and Gums (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 2pm- Nutrition and Stress (1) 5pm- Walking Group (1) 5pm- Stress and How to Manage Your Mind (1) 5:30pm- Creative Cooking (1)	31 9am-12pm 9am- Walking Group (1) 10am- Zumba (1) 11am- Meal Prep Education (1)

### Group 1

- Must meet 4 points EVERY MONTH.
- Must attend (1 on 1) with a Wellness coach will be worth 2 points.

### Group 2

- Must meet 2 Point Requirements every month.

\*If you have any questions, Please ask a  
FIT Center Staff member.