

September 2023 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9am-12pm 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
4 8:30am-7pm CLINIC CLOSED	5 8:30am-7pm 8:30am- Walking Group (1) 9am- Promoting a Healthy Immune System (2) 10am- Low Impact Fitness (1) 1pm- Fat Burning with Dalia (1) 2pm- Understanding My High Cholesterol (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Bingo (1)	6 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 11:30am- Community Lunch (1) 12:30pm- Heart Health (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1) 6pm- Financial Literacy (2)	7 8:30am-7pm 8:30am- Walking Group (1) 9am- Change Your Mind, Change Your Life (1) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 11:30am- Community Lunch (1) 1pm- Chair Yoga (2) 2pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1)	8 9am-12pm 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
11 8:30am-7pm 8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 10:30am- Gardening (1) 2pm- Coffee with America and Corina (1) 4:30pm- Motivation to Change (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)	12 8:30am-7pm 8:30am- Walking Group (1) 9am- Your Money, Your Goals (2) 10am- Low Impact Fitness (1) 1pm- Fat Burning with Dalia (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1)	13 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 11:30am- Community Lunch (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1)	14 8:30am-7pm 8:30am- Walking Group (1) 9am- Change Your Mind, Change Your Life (1) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 11:30am- Community Lunch (1) 1pm- Chair Yoga (2) 2pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1)	15 9am-12pm 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
18 8:30am-7pm 8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 10:30am- Gardening (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)	19 8:30am-7pm 8:30am- Walking Group (1) 10am- Low Impact Fitness (1) 1pm- Fat Burning with Dalia (1) 2pm- Understanding My High Cholesterol (2) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Loteria (1)	20 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 11:30am- Community Lunch (1) 12:30pm- Heart Health (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1) 6pm- Financial Literacy (2)	21 8:30am-7pm 8:30am- Walking Group (1) 9am- Change Your Mind, Change Your Life (1) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 11:30am- Community Lunch (1) 1pm- Chair Yoga (2) 2pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5pm- Let's Talk about Fruits and Veggies with Dr. Bowen (2)	22 9am-12pm 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
25 8:30am-7pm 8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 10:30am- Gardening (1) 2pm- Coffee with America and Corina (1) 4:30pm- Motivation to Change (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)	26 8:30am-7pm 8:30am- Walking Group (1) 9am- Your Money, Your Goals (2) 10am- Low Impact Fitness (1) 1pm- Fat Burning with Dalia (1) 4pm- Biblical Counseling (1) 4:30pm- Feed Your Brain (2) 5pm- Walking Group (1)	27 8:30am-7pm 8:30am- Walking Group (1) 9:30am- Spanish Yoga (2) 11:30am- Community Lunch (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 5:30pm- Creative Cooking (1) 6pm- Money Matters (1)	28 8:30am-7pm 8:30am- Walking Group (1) 9am- Change Your Mind, Change Your Life (1) 10am- Building Self Esteem and Confidence (2) 10:30am- Creative Cooking (1) 11am- Fat Burning with Dalia (1) 11:30am- Community Lunch (1) 1pm- Chair Yoga (2) 2pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5pm- Let's Talk about Fruits and Veggies with Dr. Bowen (2)	29 9am-12pm 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1) 11am- Puppy Play (1)