



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					_____	
3	4	5	6	7	8	9
	CLOSED-HOLIDAY	_____ WORRY AND STRESS	_____	JOURNALLING FINAL CLASS _____	_____	
10	11	12	13	14	15	16
	_____	9:30AM CHRONIC CONDITIONS _____ WORRY AND STRESS	_____ AFTERNOON CHAT	_____	_____	
17	18	19	20	21	22	23
	_____	9:30AM CHRONIC CONDITIONS _____ WORRY AND STRESS	_____	_____ 1PM CHRONIC PAIN	_____	
24	25	26	27	28	29	30
	_____	9:30AM CHRONIC CONDITIONS _____ WORRY AND STRESS	_____ AFTERNOON CHAT	_____ 1PM CHRONIC PAIN	_____	

AM CLASS – 10:00 AM – 12:00 PM    PM CLASS – 1:30 PM – 3:30 PM    UNLESS OTHERWISE NOTED