



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		9:30AM CHRONIC DISEASE WORRY AND STRESS		1PM CHRONIC PAIN		
8	9	10	11	12	13	14
	CLOSED-HOLIDAY	9:30AM CHRONIC DISEASE WORRY AND STRESS	AFTERNOON CHAT	1PM CHRONIC PAIN		
15	16	17	18	19	20	21
		9:30AM CHRONIC DISEASE		1PM CHRONIC PAIN		
22	23	24	25	26	27	28
			AFTERNOON CHAT	1PM CHRONIC PAIN		
29	30	31				

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