

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY OFFERINGS

Walk & Talk, Aug 8, 22, 12 pm
It's in the Bag Cornhole Tourney!, Aug 22, 3pm

9 am Meditation Reset
2 pm Yoga for Any Body
5 pm Mindfulness
6:30 pm Paging Dr. Google: Understanding Health Information Online

2

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

3

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Any Body
4 pm Gilda's Game of Games
6 pm Mindful Music
6:30 pm Feet to the Fire Writers' Workshop

4

9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6:30 pm Beyond Cancer

5

9 am Meditation Reset
1 pm Write the Vision
2 pm Yoga for Any Body

6

9 am Forest Bathing at Cave Hill
9:30 am Slow Flow Yoga
10:45 am REFIT

7

9 am Meditation Reset
12:30 pm Bingo
2 pm Yoga for Any Body
6:30 pm Breast Cancer and Gynecologic Cancer Networking

9

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

10

9 am Meditation Reset
11 am Zumba Gold
12 pm Reiki Meditation
1 pm Flying Solo—Active Cancer
2 pm Yoga for Any Body
4 pm Living Beyond
6 pm Mindful Music
6:30 pm Feet to the Fire Writers' Workshop

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9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6 pm Writing from Life
6:30 pm Living through Loss

12

9 am Meditation Reset
11 am The Artist in You Show and Tell
12 pm Comfort from the Kitchen
2 pm Yoga for Any Body

13

9 am Forest Bathing at Cave Hill
9:30 am Slow Flow Yoga
10 am Back to School Bash
10:45 am REFIT
3 pm Back to School Bash

14

9 am Meditation Reset
2 pm Yoga for Any Body
5 pm Mindfulness
6 pm Writing with Pam Platt
6 pm Southern Cravings Cooking Class

16

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

17

9 am Meditation Reset
11 am Zumba Gold
1 pm Flying Solo—Bereaved
2 pm Yoga for Any Body
2:30 pm Book Nook
4 pm Gilda's Game of Games
6 pm Mindful Music
6:30 pm Book Nook

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9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6:30 pm Beyond Cancer

19

9 am Meditation Reset
1 pm Write the Vision
2 pm Yoga for Any Body
6 pm Youth Kahoots!

20

9:30 am Slow Flow Yoga
10:45 am REFIT

21

9 am Meditation Reset
2 pm Yoga for Any Body
5 pm Nails, Nails, Nails

23

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

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9 am Meditation Reset
11 am Zumba Gold
12 pm Reiki Meditation
1 pm Flying Solo—Active Cancer
2 pm Yoga for Any Body
6 pm Mindful Music
6 pm Cupcake Decorating
6:30 pm Networking Groups

25

9 am Stretching and Strengthening
10 am Fitness with Alison
12:30 pm Lunch Laughs
1 pm Breathe and Receive
6:30 pm Living through Loss
7:30 pm Young Adult Networking

26

9 am Meditation Reset
2 pm Yoga for Any Body

27

9 am Forest Bathing at Cave Hill
9:30 am Slow Flow Yoga
10 am Neighborhood Photography Walk
10:45 am REFIT

28

9 am Meditation Reset
2 pm Yoga for Any Body
6:30 pm Gilda's Goes to the Dogs Pack Walk

30

9 am Stretching and Strengthening
11:30 am QiGong
12:30 pm Lunch Laughs
4:30 pm Youth Connect
6:30 pm Support Groups

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