



August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11a-12:30p class	2 11a-12:30p class 5:30p-6:30p class	3 11a chair yoga 12p mat yoga	4
5	6 11a-12:30p class	7 11a-12:30p class	8 11a-12:30p class	9 11a-12:30p class 5:30p-6:30p class	10 11a chair yoga 12p mat yoga	11
12	13 11a-12:30p class	14 11a-12:30p class	15 11a-12:30p class	16 11a-12:30p class 5:30p-6:30p class	17 11a chair yoga 12p mat yoga	18
19	20 11a-12:30p class	21 11a-12:30p class	22 11a-12:30p class Support Group**	23 11a-12:30p class 5:30p-6:30p class	24 11a chair yoga 12p mat yoga	25
26	27 11a-12:30p class 11:15a Caregiver Support Group**	28 11a-12:30p class 12:30 Ladies lunch**	29 11a-12:30p class	30 11a-12:30p class 5:30p-6:30p class	31 11a chair yoga 12p mat yoga	

EVENTS

August 16th

NOH and Parkinson's Disease
9a-11a @ Community Health Pavilion
9669 E. 146th St. Suite 160
Please call 317-550-5648 to RSVP

August 22nd

Support group 12:15p @ LivRite Fitness
14640 Herriman Blvd.
Colleen w/ Right at Home

August 27th

Caregiver Support Group 11:15a
@ Wild Eggs in Fishers. Open discussion.

August 28th Ladies lunch 12:30p
McCallister's Deli @ Hamilton Town Ctr