



September 2017 Wellness Academy Calendar

Revised 8/25/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
					1	2	Participants must begin Wellness Academy classes (all morning Core classes or any evening class) with either Session 1 or Session 2. WRAP must begin with Session 1. Participants must have an orientation with a staff member before attending any of the Core classes. * (asterisk) means that the class is closed. ^ (caret) means online registration is required and there is a fee for the class.
					Anger Management 5 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		
3	4	5	6	7	8	9	* (asterisk) means that the class is closed. ^ (caret) means online registration is required and there is a fee for the class.
	HOLIDAY MHAG CLOSED	Concepts 6 * 10:00 - 11:30 AM Exploring Mindfulness 4 1:00 - 2:30 PM	WRAP 8 * 10:00 - 12:00 NOON Book Club 1:00 - 2:30 PM	WMR 4 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 6 * 10:00 - 11:30 AM Art 12:30 - 2:00 PM		
10	11	12	13	14	15	16	Number of Sessions for each Core class: Principles - 6 Concepts - 6 WMR - 6 Anger Mgmt - 9 Systems - 6 WRAP - 10
	Principles 4 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	Concepts 1 10:00 - 11:30 AM Building Distress Tol Skills 1 1:00 - 2:30 PM	WRAP 9 * 10:00 - 12:00 NOON Bingo 1:00 - 2:30 PM	WMR 5 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 7 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		
17	18	19	20	21	22	23	Next start date for each Core class: Principles - 10/2/2017 Concepts - 10/24/17 WMR - 11/9/2017 Anger Mgmt - 10/6/2017 Systems - TBD WRAP - 10/11/2017
	Principles 1 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	Concepts 2 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	WRAP 10 * 10:00 - 12:00 NOON Games and Puzzles 1:00 - 2:30 PM	WMR 6 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 8 * 10:00 - 11:30 AM Art 12:30 - 2:00 PM		
24	25	26	27	28	29	30	Tuesday Afternoon Class: Building Distress Tolerance Skills 4 Total Sessions
	Principles 2 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	Concepts 3 * 10:00 - 11:30 AM Building Distress Tol Skills 2 1:00 - 2:30 PM	NO WRAP Bingo 1:00 - 2:30 PM	WMR 1 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 9 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		