



October 2017 Wellness Academy Calendar

Revised 9/28/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
1	2	3	4	5	6	7	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><i>Participants must have an orientation with a staff member before attending any of the Core classes.</i></p> <p><i>Participants must begin Wellness Academy classes (all morning classes or any evening class) with either Session 1 or Session 2. WRAP must begin with Session 1.</i></p> </div> <p>* (asterisk) means that the class is closed. ^ (caret) means online registration is required and there is a fee for the class.</p> <p><u>Number of Sessions for each Core class:</u> Principles - 6 Concepts - 6 WMR - 6 Anger Mgmt - 9 Systems - 6 WRAP - 10</p> <p><u>Next start date for each Core class:</u> Principles - 11/6/2017 Concepts - 1/9/2018 WMR - 11/9/2017 Anger Mgmt - 1/5/2018 Systems - TBD WRAP - 1/10/2018</p> <p><u>Tuesday Afternoon Classes:</u> Building Distress Tolerance Skills: 4 Total Sessions Healing Your Anxiety: 5 Total Sessions</p>
	Principles 3 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 3 * 6:30 - 8:30 PM	Concepts 4 * 10:00 - 11:30 AM Building Distress Tol Skills 3 1:00 - 2:30 PM	NO WRAP Book Club 1:00 - 2:30 PM	WMR 2 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 1 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		
8	9	10	11	12	13	14	
	HOLIDAY MHAG CLOSED Codependent No More 4 * 6:30 - 8:30 PM (yes, the class will be happening)	Concepts 5 * 10:00 - 11:30 AM Building Distress Tol Skills 4 1:00 - 2:30 PM	NO WRAP	WMR 3 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 2 10:00 - 11:30 AM Art 12:30 - 2:00 PM		
15	16	17	18	19	20	21	
	Principles 4 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 5 * 6:30 - 8:30 PM	Concepts 6 * 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	NO WRAP	WMR 4 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 3 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		
22	23	24	25	26	27	28	
	Principles 5 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 6 * 6:30 - 8:30 PM	Concepts 1 10:00 - 11:30 AM Healing Your Anxiety 1 1:00 - 2:30 PM	NO WRAP	WMR 5 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 4 * 10:00 - 11:30 AM Art 12:30 - 2:00 PM		
29	30	31					
	Principles 6 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 7 * 6:30 - 8:30 PM	Concepts 2 10:00 - 11:30 AM Healing Your Anxiety 2 1:00 - 2:30 PM					