



November 2017 Wellness Academy Calendar

Revised 10/4/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
			1	2	3	4	<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> <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 - 1/8/2018 Concepts - 1/9/2018 WMR - 1/4/2018 Anger Mgmt - 1/5/2018 Systems - TBD WRAP - 1/10/2018</p> <p><u>Tuesday Afternoon Classes:</u> Healing Your Anxiety: 5 Total Sessions</p>
			NO WRAP Book Club 1:00 - 2:30 PM	WMR 6 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 5 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	Shea's Chase	
5	6	7	8	9	10	11	
	Principles 1 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 8 * 6:30 - 8:30 PM	Concepts 3 * 10:00 - 11:30 AM Healing Your Anxiety 3 1:00 - 2:30 PM	NO CLASSES	WMR 2 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	HOLIDAY MHAG CLOSED		
12	13	14	15	16	17	18	
	Principles 2 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 9 * 6:30 - 8:30 PM	Concepts 4 * 10:00 - 11:30 AM Healing Your Anxiety 4 1:00 - 2:30 PM	NO WRAP Book Club 1:00 - 2:30 PM	WMR 1 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 6 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		
19	20	21	22	23	24	25	
	Principles 3 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Codependent No More 10 * 6:30 - 8:30 PM	Concepts 5 * 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	NO CLASSES	HOLIDAY MHAG CLOSED	HOLIDAY MHAG CLOSED		
26	27	28	29	30			
	Principles 4 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	Concepts 6 * 10:00 - 11:30 AM Healing Your Anxiety 5 1:00 - 2:30 PM	NO CLASSES	WMR 3 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM			