



**December 2017 Wellness Academy Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
					1 Anger Management 7 * 10:00 - 11:30 AM  Creative Writing 1:00 - 2:30 PM	2	<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> Next class will start in January 2018</p>
3	4 Principles 5 * 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM	5 NO CLASSES	6 NO CLASSES	7 MHAG CLOSED MOVE	8 MHAG CLOSED MOVE	9	
10	11 NO CLASSES	12 NO CLASSES	13 NO WRAP  Book Club 1:00 - 2:30 PM	14 WMR 4 * 10:00 - 11:30 AM  Food for Wellness 1:00 - 2:30 PM	15 Anger Management 8 * 10:00 - 11:30 AM  Creative Writing 1:00 - 2:30 PM	16	
17	18 Principles 6 * 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM	19 Crafts, Cookies, and Cocoa 10:00 - 12:00 PM  Hypnotherapy 1:00 - 2:30 PM	20 LGBTQ and YOU! 10:00 - 12:00 PM	21 WMR 5 * 10:00 - 11:30 AM  Graduation 12 noon - 12:45 PM  Food for Wellness 1:00 - 2:30 PM	22 Anger Management 9 * 10:00 - 11:30 AM  Art 12:30 - 2:00 PM	23	
24 / 31	25 HOLIDAY MHAG CLOSED	26 HOLIDAY MHAG CLOSED	27 Holiday Blues 10:00 -12:00 PM  Book Club 1:00 - 2:30 PM	28 WMR 6 * 10:00 - 11:30 AM  Food for Wellness 1:00 - 2:30 PM	29 Resolutions Workshop 10:00 - 12:00 PM  Holiday Potluck 12:30 - 2:00 PM	30	