



February 2018 Wellness Academy Calendar

Revised 12/28/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
				1 WMR 5* 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	2 Anger Management 5* 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	3	<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 - 3/5/2018 Concepts - 4/3/2018 WMR - 3/29/2018 Anger Mgmt - 3/9/2018 Systems - TBD WRAP - 4/1/2018</p> <p><u>Tuesday Afternoon Class:</u> Building Self-Esteem - 2/27/18 6 session course</p> <p>^Evening Anger Management: 6:30 - 8:30 pm (9 sessions)</p>
4	5 Principles 4* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM ^Anger Management 1 6:30 - 8:30 PM	6 Concepts 5* 10:00 - 11:30 AM The Loneliness Workbook 4 1:00 - 2:30 PM	7 WRAP 5* 10:00 AM - 12:00 PM Book Club 1:00 - 2:30 PM	8 WMR 6* 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	9 Anger Management 6* 10:00 - 11:30 AM Art 12:30 - 2:00 PM	10	
11	12 Principles 5* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM ^Anger Management 2 6:30 - 8:30 PM	13 Concepts 6* 10:00 - 11:30 AM The Loneliness Workbook 5 1:00 - 2:30 PM	14 WRAP 6* 10:00 AM - 12:00 PM	15 WMR 1 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	16 Anger Management 7* 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	17	
18	19 HOLIDAY MHAG CLOSED	20 Concepts 1 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	21 WRAP 7* 10:00 AM - 12:00 PM Book Club 1:00 - 2:30 PM	22 WMR 2* 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	23 Anger Management 8* 10:00 - 11:30 AM Art 12:30 - 2:00 PM	24	
25	26 Principles 6* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Anger Management 3* 6:30 - 8:30 PM	27 Concepts 2 10:00 - 11:30 AM Building Self-Esteem 1 1:00 - 2:30 PM	28 WRAP 8* 10:00 AM - 12:00 PM				