



January 2018 Wellness Academy Calendar

Revised 12/28/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
	1 HOLIDAY MHAG CLOSED	2 HOLIDAY MHAG CLOSED	3 NO WRAP Book Club 1:00 - 2:30 PM	4 WMR 1 10:00 - 11:30 AM	5 Anger Management 1 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	6	<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 - 3/5/2018 Concepts - 2/20/2018 WMR - 2/15/2018 Anger Mgmt - 3/9/2018 Systems - TBD WRAP - 4/4/2018</p> <p><u>Tuesday Afternoon Class:</u> The Loneliness Workbook - 1/9/2018 5 session class</p> <p><u>^Evening Anger Management:</u> 2/5/18 - 4/9/18 (registration online) 6:30 - 8:30 pm (9 sessions)</p>
7	8 Principles 1 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	9 Concepts 1 10:00 - 11:30 AM The Loneliness Workbook 1 1:00 - 2:30 PM	10 WRAP 1 10:00 AM - 12:00 PM	11 WMR 2 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	12 Anger Management 2 10:00 - 11:30 AM Art 12:30 - 2:00 PM	13	
14	15 HOLIDAY MHAG CLOSED	16 Concepts 2 10:00 - 11:30 AM The Loneliness Workbook 2 1:00 - 2:30 PM	17 WRAP 2 * 10:00 AM - 12:00 PM Book Club 1:00 - 2:30 PM	18 WMR 3 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	19 Anger Management 3 * 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	20	
21	22 Principles 2 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	23 Concepts 3 * 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	24 WRAP 3 * 10:00 AM - 12:00 PM	25 WMR 4 * 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	26 Anger Management 4 * 10:00 - 11:30 AM Art 12:30 - 2:00 PM	27	
28	29 Principles 3 * 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	30 Concepts 4 * 10:00 - 11:30 AM The Loneliness Workbook 3 1:00 - 2:30 PM	31 WRAP 4 * 10:00 AM - 12:00 PM Art 1:00 - 2:30 PM				