



**April 2018 Wellness Academy Calendar**

Revised 3/22/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
1	2	3	4	5	6	7	<div style="border: 1px solid black; padding: 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 - 6/4/2018 Concepts - 5/15/2018 WMR - 5/10/2018 Anger Mgmt - 5/18/2018 Systems - TBD WRAP - 7/11/2018</p> <p><b>WA 2nd Quarterly Graduation</b> Thursday, June 28</p>
	Principles 5* 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM  Microsoft Outlook Class 1:00 - 2:30 PM (classroom 2)	Concepts 1 10:00 - 11:30 AM  Building Self-Esteem 5 1:00 - 2:30 PM	WRAP 1 10:00 AM - 12:00 PM  Book Club 2:30 - 4:00 PM	WMR 2 10:00 - 11:30 AM  Food for Wellness 1:00 - 2:30 PM "Spice my Life"	Anger Management 4* 10:00 - 11:30 AM  Creative Writing 1:00 - 2:30 PM		
8	9	10	11	12	13	14	
	Principles 6* 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM  Microsoft Word Class 1:00 - 2:30 PM (classroom 2)	Concepts 2 10:00 - 11:30 AM  Building Self-Esteem 6 1:00 - 2:30 PM	WRAP 2* 10:00 AM - 12:00 PM	WMR 3* 10:00 - 11:30 AM  Food for Wellness 1:00 - 2:30 PM "Spice my Life"	Anger Management 5* 10:00 - 11:30 AM  Art 12:30 - 2:00 PM		
15	16	17	18	19	20	21	
	Principles 1 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM  Microsoft Excel Class 1:00 - 2:30 PM (classroom 2)	Concepts 3* 10:00 - 11:30 AM  Hypnotherapy 1:00 - 2:30 PM	WRAP 3* 10:00 AM - 12:00 PM  Book Club 2:30 - 4:00 PM	WMR 4* 10:00 - 11:30 AM  Food for Wellness 1:00 - 2:30 PM "Spice my Life"	Anger Management 6* 10:00 - 11:30 AM  Creative Writing 1:00 - 2:30 PM		
22	23	24	25	26	27	28	
	Principles 2 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM  Microsoft Powerpoint Class 1:00 - 2:30 PM (classroom 2)	Concepts 4* 10:00 - 11:30 AM  Down the Rabbit Hole 1 1:00 - 2:30 PM	WRAP 4* 10:00 AM - 12:00 PM	WMR 5* 10:00 - 11:30 AM  Food for Wellness 1:00 - 2:30 PM "Spice my Life"	Anger Management 7* 10:00 - 11:30 AM  Art 12:30 - 2:00 PM		
29	30						
	Principles 3* 10:00 - 11:30 AM  Meditation 1:00 - 2:30 PM  Microsoft Publisher Class 1:00 - 2:30 PM (classroom 2)						