



March 2018 Wellness Academy Calendar

Revised 12/28/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
				1	2	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 - 4/16/2018 Concepts - 4/3/2018 WMR - 5/10/2018 Anger Mgmt - 5/18/2018 Systems - TBD WRAP - 4/4/2018</p> <p>WA 1st Quarterly Graduation Thursday, March 29</p>
				WMR 3* 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 9* 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM		
4	5	6	7	8	9	10	
Principles 1 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Anger Management 4* 6:30 - 8:30 PM	Concepts 3* 10:00 - 11:30 AM Building Self-Esteem 2 1:00 - 2:30 PM	WRAP 9* 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	Anger Management 1 10:00 - 11:30 AM Art 12:30 - 2:00 PM			
11	12	13	14	15	16	17	
Principles 2 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Anger Management 5* 6:30 - 8:30 PM	Concepts 4* 10:00 - 11:30 AM Building Self-Esteem 3 1:00 - 2:30 PM	WRAP 10* 10:00 AM - 12:00 PM	WMR 5* 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 2 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM			
18	19	20	21	22	23	24	
Principles 3* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Anger Management 6* 6:30 - 8:30 PM	Concepts 5* 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	NO WRAP	WMR 6* 10:00 - 11:30 AM Food for Wellness 1:00 - 2:30 PM	Anger Management 3* 10:00 - 11:30 AM Art 12:30 - 2:00 PM			
25	26	27	28	29	30	31	
Principles 4* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM Anger Management 7* 6:30 - 8:30 PM	Concepts 6* 10:00 - 11:30 AM Building Self-Esteem 4 1:00 - 2:30 PM	NO WRAP	WMR 1 10:00 - 11:30 AM WA Graduation 12 noon - 12:45 PM You Are a Recipe for Success! 1:00 - 2:30 PM	HOLIDAY MHAG CLOSED			