



July 2018 Wellness Academy Calendar

Revised 6/14/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
1	2 Principles 5* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	3 Concepts 2 10:00 - 11:30 AM Down the Rabbit Hole 7 1:00 - 2:30 PM	4 Office Closed <i>Fourth of July</i>	5 WMR 2* 10:00 - 11:30 AM Food and Mood 1 1:00 - 2:30 PM	6 Anger Management 8* 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	7	<div style="border: 1px solid black; padding: 10px; 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 - 8/27/18; 10/22/18 Concepts - 8/7/2018; 9/18/18 WMR - 8/2/2018; 9/13/18 Anger Mgmt - 9/21/18; 11/30/18 WRAP - 10/3/18; 1/9/19 Systems - TBD</p> <p>WA 3rd Quarterly Graduation Thursday, September 27</p> <p>Upcoming Fee-based Trainings QPR Suicide Prevention - 9/19/18 register @ www.mhag.org - \$25</p>
8	9 Principles 6* 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	10 Concepts 3* 10:00 - 11:30 AM Down the Rabbit Hole 8 1:00 - 2:30 PM	11 WRAP 1 10:00 AM - 12:00 PM Book Club 2:30 - 4:00 PM	12 WMR 4* 10:00 - 11:30 AM Food and Mood 2 1:00 - 2:30 PM	13 Anger Management 9* 10:00 - 11:30 AM Art 12:30 - 2:00 PM	14	
15	16 Principles 1 10:00 - 11:30 AM Meditation 1:00 - 2:30 PM	17 Concepts 4* 10:00 - 11:30 AM Hypnotherapy 1:00 - 2:30 PM	18 WRAP 2* 10:00 AM - 12:00 PM	19 WMR 5* 10:00 - 11:30 AM Food and Mood 3 1:00 - 2:30 PM	20 Anger Management 1 10:00 - 11:30 AM Creative Writing 1:00 - 2:30 PM	21	
22	23 Principles 2 10:00-11:30 Meditation 1:00 - 2:30	24 Concepts 5* 10:00 - 11:30 AM Down the Rabbit Hole 9 1:00 - 2:30 PM	25 WRAP 3* 10:00 AM - 12:00 PM Book Club 2:30 - 4:00 PM	26 WMR 6* 10:00 - 11:30 AM Food and Mood 4 1:00 - 2:30 PM	27 Anger Management 2 10:00 - 11:30 AM Art 12:30 - 2:00 PM	28	
29	30 Principles 3* 10:00-11:30 Meditation 1:00 - 2:30	31 Concepts 6* 10:00 - 11:30 AM Perfect Is What You Make It 1 1:00 - 2:30 PM					