

July 2020

Reservations are needed for all programming – please call 260.266.6500 to register. Programs with a \$ (dollar sign) have a cost to them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 2:20pm Stress Consult 1pm AND 5pm Practicing Mindfulness: Dr. Dave – Zoom	9	10	11
12	13	14	15	16	17	18
19	20 5:30pm Powered by Plants - Zoom	21	22 2:20pm Stress Consult 1pm AND 5pm Practicing Mindfulness: Dr. Dave – Zoom	23	24	25
26 4pm – Ask the Dietitian	27	28	29	30	31	

Wednesday, July 8 & 22

2:20-4:40pm – Individual Stress Consult with Dr. Dave

1-1:40pm AND 5-5:40pm – Practicing Mindfulness – Dr. Dave Johnson leads us in his continuing series on mindfulness and dealing with today's new climate. ZOOM MEETING

Monday, July 20

5:30 pm - Powered by Plants: A Community Meet-Up – Join Dr. Kristin Gerhardstein & Kathy Wehrle to learn how to succeed with a plant based diet. ZOOM MEETING

Monday, July 27

4-6pm – Ask the Dietitian

Programs with a cost are listed with the program, otherwise there is no charge. **Registration is required. | Call (260) 266-6500 or toll free (844) 835-0003.**