

August 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
9	10	11 5:30pm Powered by Plants - Zoom	12 2:20pm Stress Consult 1pm AND 5pm Practicing Mindfulness: Dr. Dave – Zoom	13	14	15
16	17	18	19	20	21	22
23	24	25 4pm – Ask the Dietitian	26 2:20pm Stress Consult 1pm AND 5pm Practicing Mindfulness: Dr. Dave – Zoom	27	28	29

Tuesday, August 11

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

Wednesday, August 12 & 26

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

Tuesday, July 25

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.