



## NOVEMBER PROGRAMS

<span style="float: left;">◀ October</span> <span style="float: right;">December ▶</span> <b style="font-size: 1.2em;">November 2017</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> HEALTHY YOU GROUP 1 2/6  5:30 - 7:30PM	<b>2</b> HEALTHY YOU GROUP 2 2/6  2:00 - 4:00PM		
<b>5</b>		<b>7</b> DIABETES (GROUP)  9:00 - 11:30AM	<b>8</b> HEALTHY YOU GROUP 1 3/6  5:30 - 7:30PM	<b>9</b> HEALTHY YOU GROUP 2 3/6  2:00 - 4:00PM		
<b>12</b>	<b>13</b> SLEEP WORKSHOP 1/2  9:00 - 11:30AM		<b>15</b> HEALTHY YOU GROUP 1 4/6  5:30 - 7:30PM	<b>16</b> HEALTHY YOU GROUP 2 4/6  2:00 - 4:00PM		
<b>19</b>	<b>20</b> SLEEP WORKSHOP 2/2  9:00 - 11:30AM		<b>22</b> HEALTHY YOU GROUP 1 5/6  5:30 - 7:30PM	<b>23</b> HEALTHY YOU GROUP 2 5/6  2:00 - 4:00PM		
<b>26</b>		<b>28</b> MEMORY CLINIC  8:00AM - 4:00PM	<b>29</b> INTRO TO SOLIDS GROUP 1  1:30 - 3:00PM  HEALTHY YOU GROUP 1 6/6  5:30 - 7:30PM	<b>30</b> INTRO TO SOLIDS GROUP 2  10:30 - 11:00AM  HEALTHY YOU GROUP 2 6/6  2:00 - 4:00PM	<b>Notes:</b>	