



August 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	2 OFFICE CLOSED	3 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	4 OFFICE CLOSED	5 9:30 am-11:30 am
8 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	9 OFFICE CLOSED	10 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	11 OFFICE CLOSED	12 9:30 am-11:30 am SRI Workshop 11:30 JOIN US ☺
15 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	16 OFFICE CLOSED	17 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm BRF Workshop 2:00 pm JOIN US ☺	18 OFFICE CLOSED	19 9:30 am-11:30 am
22 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	23 OFFICE CLOSED	24 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm Wednesdays on Wellwood Join us from 5:00 to 9:00	25 OFFICE CLOSED	26 9:30 am-11:30 am
29 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	30 OFFICE CLOSED	31 9:30 am-11:30 am 3:30pm-5:00 pm 6:00 pm-7:00pm	Movement, Function & Your Core Workshop Wednesday, 8/31 – 1pm JOIN US ☺	

Check Us Out On Facebook & Instagram- Your Reviews Are Appreciated !