

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
26	27	28	29	30	31	1 April Fool's Day																																																																																				
2	3 Group Acupuncture 4-6 pm Gentle Yoga 5:15-6:15 pm	4 Group Acupuncture 9-11:30 am	5 Skills Group ⁷ 1:30-3:30 pm	6 Group Acupuncture 9-11:30 am Group Acupuncture 4-6 pm Nutrition Night 6:30 PM	7 Chair Yoga* 10-11:30 AM	8																																																																																				
9	10 Group Acupuncture 4-6 pm Gentle Yoga 5:15-6:15 pm	11 Group Acupuncture 9-11:30 am	12 Skills Group ⁸ 1:30-3:30 pm	13 Group Acupuncture 9-11:30 am Group Acupuncture 4-6 pm Nutrition Night 6:30 PM	14 Chair Yoga* 10-11:30 AM	15																																																																																				
16	17 Group Acupuncture 4-6 pm Gentle Yoga 5:15-6:15 pm	18 Group Acupuncture 9-11:30 am	19 Skills Group ¹ 1:30-3:30 pm	20 Group Acupuncture 9-11:30 am Group Acupuncture 4-6 pm Nutrition Night 6:30 PM	21 Chair Yoga* 10-11:30 AM	22 Earth Day																																																																																				
23	24 Group Acupuncture 4-6 pm Gentle Yoga 5:15-6:15 pm	25 Group Acupuncture 9-11:30 am	26 Skills Group ² 1:30-3:30 pm	27 Group Acupuncture 9-11:30 am Group Acupuncture 4-6 pm Nutrition Night 6:30 PM	28 Chair Yoga* 10-11:30 AM	29																																																																																				
30	1	<p>March 2017</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>		S	M	T	W	T	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>May 2017</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>Danielle Deer WISH Services Program Corodinator 503.238.5203 x 312 danielle@quest-center.org</p>
S	M	T	W	T	F	S																																																																																				
		1	2	3	4																																																																																					
5	6	7	8	9	10	11																																																																																				
12	13	14	15	16	17	18																																																																																				
19	20	21	22	23	24	25																																																																																				
26	27	28	29	30	31																																																																																					
S	M	T	W	T	F	S																																																																																				
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30	31																																																																																							

*Please see front desk to register