

WISH Calendar July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1	2 Orientation 3:30-4:30 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	3 Acupuncture Group 9-11:30 AM Nutrition LECTURE 12:30 - 1:30 PM Meditation 2:30-3 PM	4 Independence Day QUEST CLOSED	5 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	6 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	7 Acupuncture Group 1-3 PM (at Flanders location)																																																																																				
8	9 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	10 Acupuncture Group 9-11:30 AM Nutrition LECTURE 12:30 - 1:30 PM Meditation 2:30-3 PM	11	12 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	13 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	14 Acupuncture Group 1-3 PM (at Flanders location)																																																																																				
15	16 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	17 Acupuncture Group 9-11:30 AM Nutrition LECTURE 12:30 - 1:30 PM Meditation 2:30-3 PM	18	19 Acupuncture 9-11:30 AM Orientation 3:30-4:20 PM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	20 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	21 Acupuncture Group 1-3 PM (at Flanders location)																																																																																				
22	23 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	24 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk1 12:30-2 PM Meditation 2:30-3 PM	25	26 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	27 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	28 Acupuncture Group 1-3 PM (at Flanders location)																																																																																				
29	30 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	31 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk2 12:30-2 PM Meditation 2:30-3 PM	1	2	3	4																																																																																				
5	6	<p>June 2018</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></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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	<p>August 2018</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></td><td>1</td><td>2</td><td>3</td><td>4</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>Lydia Cortez PRC, CRM WISH Program Manager 503.238.5203 lydia@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																																																																																				
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																																																																																					