

WISH Calendar August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
29	30	31	1	2 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	3 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	4 Acupuncture Group 1-3 PM (at Flanders location)																																																																																											
5	6 Orientation 3:30-4:30 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	7 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk3 12:30-2 PM Meditation 2:30-3 PM	8	9 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	10 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	11 Acupuncture Group 1-3 PM (at Flanders location)																																																																																											
12	13 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	14 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk4 12:30-2 PM Meditation 2:30-3 PM	15	16 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	17 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	18 Acupuncture Group 1-3 PM (at Flanders location)																																																																																											
19	20 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	21 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk5 12:30-2 PM Meditation 2:30-3 PM	22	23 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	24 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	25 Acupuncture Group 1-3 PM (at Flanders location)																																																																																											
26	27 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	28 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk6 12:30-2 PM Meditation 2:30-3 PM	29	30 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	31 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	1																																																																																											
2	3 Labor Day	<p>July 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></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>September 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></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></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							<p>Lydia Cortez PRC, CRM WISH Program Manager 503.238.5203 ext 119 lydia@quest-center.org</p>
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