

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	31 Halloween ACT Group Week 3 2:00-3:00	1 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	2 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	3 Acupuncture Group 1-3 PM (at Flanders location)
4 Daylight Saving	5 Orientation 3:30-4:20 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	6 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	7 ACT Group Week 3 2:00-3:00	8 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	9 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	10 Acupuncture Group 1-3 PM (at Flanders location)
11 Veterans Day	12 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	13 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	14 ACT Group Week 3 2:00-3:00	15 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Orientation 3:30-4:20 PM Nutrition Nigt 6:30:00 PM	16 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	17 Acupuncture Group 1-3 PM (at Flanders location)
18	19 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	20 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	21 ACT Group Week 3 2:00-3:00	22 Thanksgiving	23 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	24 Acupuncture Group 1-3 PM (at Flanders location)
25	26 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	27 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	28 ACT Group Week 3 2:00-3:00	29 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	30 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	1 Acupuncture Group 1-3 PM (at Flanders location)
2	3 Chanukah	October 2018 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		December 2018 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		Quest Center For Integrative Health 2901 E. Burnside Street Portland, OR 97214 2018 Templates 2019 Templates