QUEST CENTER FOR INTEGRATIVE HEALTH

WISH OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Orientation 3:30-4:20 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	2 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	3	4 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	5 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	6 Acupuncture Group 1-3 PM (at Flanders location)
7	8 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	9 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	10	11 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	12 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	13 Acupuncture Group 1-3 PM (at Flanders location)
14	15 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	16 Boss's Day Acupuncture Group 9-11:30 AM Nutrition GROUP-wk1 12:30-2 PM Meditation 2:30-3 PM	17 ACT Group Week 1 2:00-3:00	18 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	19 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	20 Acupuncture Group 1-3 PM (at Flanders location)
21	22 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	23 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk2 12:30-2 PM Meditation 2:30-3 PM	24 ACT Group Week 2 2:00-3:00	25 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	26 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	27 Acupuncture Group 1-3 PM (at Flanders location)
28	29 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	30 Acupuncture Group 9-11:30 AM Nutrition GROUP-wk3 12:30-2 PM Meditation 2:30-3 PM	31 Halloween ACT Group Week 3 2:00-3:00	1	2	3
4 Daylight Saving	5	September 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	November 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			

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