JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day Quest Closed	2	3 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	4 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	5 Acupuncture Group 1-3 PM (at Flanders location)
6	7 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	8 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	9 WISH rethinking pain 2:00-3:00	10 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	11 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	12 Acupuncture Group 1-3 PM (at Flanders location)
13	14 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	15 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	16 WISH rethinking pain 2:00-3:00	17 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	18 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	19 Acupuncture Group 1-3 PM (at Flanders location)
20	21 ML King Day Quest Closed	22 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	23 WISH rethinking pain 2:00-3:00	24 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	25 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	26 Acupuncture Group 1-3 PM (at Flanders location)
27	28 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	29 Acupuncture Group 9-11:30 AM Nutrition -Lecture 12:30-1:30 PM Meditation 2:30-3 PM	30 WISH rethinking pain 2:00-3:00	31 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	1	2 Groundhog Day
3	4	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		February 2019 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	**Quest Center For Integrative Health** 2901 E. Burnside Street Portland, OR 97214 2019 Templates 2020 Templates	

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