

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
31	1 April Fool's Day Orientation 3:30-4:30 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	2 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	3 WISH rethinking pain 2:00-3:00	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 Group 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 Taxes Due Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	16 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	17 WISH rethinking pain 2:00-3:00	18 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Orientation 3:30-4:30 PM Nutrition Night 6:30 PM	19 Good Friday Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	20 Passover Acupuncture Group 1-3 PM (at Flanders location)																																																																																											
21 Easter	22 Earth Day Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	23 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	24 Admin Assist Day WISH rethinking pain 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 12:30-1:30 PM Meditation 2:30-3 PM	1	2	3	4																																																																																											
5 Cinco de Mayo	6 Ramadan begins	<p>March 2019</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> <tr><td>31</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	31							<p>May 2019</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><b>Quest Center For Integrative Health</b> 2901 E. Burnside Street Portland, OR 97214</p> <p>2019 Templates      2020 Templates</p>
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