

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	2 Acupuncture Group 1-3 PM (at Flanders location)
3	4 Orientation 3:30-4:30 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	5 Mardi Gras Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	6 Ash Wednesday WISH rethinking pain 2:00-3:00	7 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	8 International Women's Day Quest Closed	9 Acupuncture Group 1-3 PM (at Flanders location)
10 Daylight Saving	11 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	12 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	13 WISH rethinking pain 2:00-3:00	14 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	15 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	16 Acupuncture Group 1-3 PM (at Flanders location)
17 St. Patrick's Day	18 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	19 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	20 Vernal equinox WISH rethinking pain 2:00-3:00	21 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	22 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	23 Acupuncture Group 1-3 PM (at Flanders location)
24	25 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	26 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-1:30 PM Meditation 2:30-3 PM	27 WISH rethinking pain 2:00-3:00	28 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	29 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	30 Acupuncture Group 1-3 PM (at Flanders location)
31	1 April Fool's Day	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		April 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 29 30		Quest Center For Integrative Health 2901 E. Burnside Street Portland, OR 97214 2019 Templates 2020 Templates