

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
26	27 Memorial Day	28	29	30	31	1																																																																																				
2	3 Orientation 3:30-4:30 PM Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	4 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-2:00 PM Meditation 2:30-3 PM	5 WISH Rethinking Pain 2:00-3:00	6 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	7 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	8																																																																																				
9 Pentecost	10 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	11 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-2:00 PM Meditation 2:30-3 PM	12	13 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	14 Flag Day Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	15																																																																																				
16 Father's Day	17 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	18 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-2:00 PM Meditation 2:30-3 PM	19 WISH Rethinking Pain 2:00-3:00	20 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	21 June Solstice Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	22																																																																																				
23	24 Acupuncture Group 4-6 PM Wellness Yoga 5:15-6:15 PM	25 Acupuncture Group 9-11:30 AM Nutrition Group 12:30-2:00 PM Meditation 2:30-3 PM	26 WISH Rethinking Pain 2:00-3:00	27 Acupuncture 9-11:30 AM Meditation 2:30-3 PM Acupuncture 4-6 PM Nutrition Night 6:30 PM	28 Acupuncture 12-2 PM Wellness Yoga 2-3 PM WISH Support Group 3-5 PM	29																																																																																				
30	1	<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>July 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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</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><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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