

March

CLOSED SUNDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 9am-2pm Ask the RN Body FIT 10-10:45am	3 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	4 Wellness Wednesday Cholesterol Screening 8-11am/\$15 Ask the RN 8am-11am Yoga w/Lisa 5:15-6:15pm	5 NO Body FIT CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	6 Yoga w/Lisa 9-10am Ask the RN 10am-2pm	7
	9 9am-2pm Ask the RN Body FIT 10-10:45am	10 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am *Hello Baby 7-9pm	11 Wellness Wednesday Cholesterol Screening 8-11am/\$15 Ask the RN 8am-11am Yoga w/Lisa 5:15-6:15pm *Breastfeeding 101 7-9pm	12 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	13 Yoga w/Lisa 9-10am Ask the RN 10am-2pm	14 *Safety 1st- Car Seat Safety/CPR 9-11am
	16 9am-2pm Ask the RN Body FIT 10-10:45am * Diabetes Self Mngt. Class #1 1-3:30pm Register by calling MSU Extension 231-582-6232	17 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am *Lunch and Learn 12-1pm "Colon Health" with Dr. Kielhorn Lunch provided Parkinson Support Grp Boyne City 4-5pm	18 Wellness Wednesday Cholesterol Screening 8-11am/\$15 Ask the RN 8am-11am *Tai Chi Class #1 2-3pm Register by calling MSU Extension 231-582-6232 Yoga w/Lisa 5:15-6:15pm No Amputee Support Group	19 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	20 Yoga w/Lisa 9-10am * Make & Take 12-1pm	21 *Labor Day Boot Camp 9-4pm
	23 9am-2pm Ask the RN Body FIT 10-10:45am * Diabetes Self Mngt. Class #2 1-3:30pm	24 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am *safeTALK Suicide Prevention Training 5:30-9pm –dinner provided Call to register	25 Wellness Wednesday Cholesterol Screening 8-11am/\$15 Ask the RN 8am-11am *Tai Chi Class #2 2-3pm Yoga w/Lisa 5:15-6:15pm	26 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	27 Yoga w/Lisa 9-10am Ask the RN 10am-2pm	28
	30 9am-2pm Ask the RN Body FIT 10-10:45am * Diabetes Self Mngt. Class #3 1-3:30pm	31 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	<div style="border: 1px solid black; padding: 5px;"> <p>Low Cost YWL - Yoga w/ Lisa YWC - Yoga w/Cheryl Body FIT – BF * Make & Take Wellness Wednesday * Art of Eating Healthy</p> <p>Free Chair Yoga - CHY Chair Strength - CST Ask the RN * SafeTalk Training * Childbirth Education * Tai Chi for Arthritis * Diabetes Self Management * Lunch and Learn * Book Club</p> <p>* These Classes Require Pre-Registration</p> </div>			



A Service of Charlevoix Hospital

411 Bridge Street, Charlevoix
 Call 231-437-3482 for information
 email: CHX-WellnessWorkshop@mhc.net

Support Groups
 Amputee Support - 3rd Wednesday
 Parkinson Support in Boyne City,
 City Hall -3rd Tuesday 4-5pm