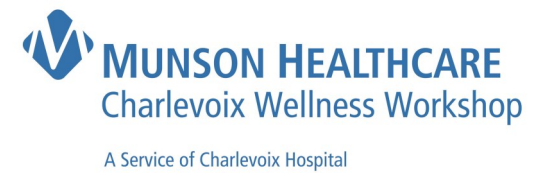


October

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
CLOSED SUNDAYS			1 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	2 Wellness Wednesday 8-11am Ask the RN 8am-3pm	3 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	4 Yoga w/Lisa 9-10am * Make & Take 12p-1pm	5
	7 9am-12pm Ask the RN Body FIT 10-10:45am	8 CST 11-11:30am	9 Wellness Wednesday 8-11am Ask the RN 8am-3pm Amputee Support 6pm	10 Body FIT 10-10:45am CST 2:00-2:30pm	11 Yoga w/Lisa 9-10am Ask the RN 10am-4pm	12	
	14 11am-3pm Ask the RN Body FIT 10-10:45am	15 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am 12-1p "Talk with a Doc" with Dr. Anthony Bozzio "Spinal Fusion: Myths/Reality" (lunch provided)	16 Wellness Wednesday 8-11a Ask the RN 8am-3pm * Art of Eating Healthy 6pm-8pm	17 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm Breastfeeding 101 7-9pm	18 Yoga w/Lisa 9-10am * Make & Take 12p-1pm	19	
	21 9am-4pm Ask the RN Body FIT 10-10:45am	22 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	23 No Wellness Wednesday * safeTALK Suicide Prevention Training 5:30-9pm –dinner provided (please call to register)	24 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	25 Yoga w/Lisa 9-10am Ask the RN 10am-4pm	26	
	28 Body FIT 10-10:45am	29 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	30 No Wellness Wednesday	31 Body FIT 10-10:45am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm			

<p>Low Cost YWL - Yoga w/ Lisa YWC - Yoga w/Cheryl Body FIT – BF * Make & Take Wellness Wednesday * Childbirth Education * Art of Eating Healthy</p>	<p>Free Chair Yoga - CHY Chair Strength - CST Ask the RN *safeTALK Training (dinner provided) Amputee Support Talk with a Doc (lunch provided)</p>
* These Classes Require Pre-Registration	



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 email: CHX-WellnessWorkshop@mhc.net