

January 2018 Wellness Programs
REGISTRATION IS REQUIRED FOR ALL PROGRAMS and SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day Closed	2	3 Healing Touch 1:30 (Shawnee) Integrated Energy Therapy 1:30 (Raven)	4 MANI/PEDI (Liz) 9:00 / 10:00 / 11:00	5 Reflexology 9:30/ 11:00 (Lisa)	6
7	8 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00pm-3:00pm	9 Massage Therapy 1:30 / 2:30 / 3:30 Understanding Grief 6:00 – 7:30PM (Monthly Education Group)	10 Integrated Energy Therapy 10:30 (Raven) Healing Touch 1:30 (Shawnee) Mindfulness 1:00pm-3:00pm Reiki 5:30pm (Carolyn)	11 Reconnective Healing 1:00 / 1:30 / 2:00 / 2:30 (Donna)	12 Massage Therapy 1:00 / 2:30 / 4:00	13
14	15 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00pm-3:00pm HAIR CUT/STYLE 3:00 / 4:00 pm (Tammy)	16 REIKI (Eileen) 9:30 / 11:00 Massage Therapy 1:30 / 2:30 / 3:30 HAIR CUT/ STYLE 3:00 / 4:00 pm (Tammy)	17 Healing Touch 1:30 (Shawnee) Mindfulness 1:00pm-3:00pm HAIR CUT/ STYLE 3:00 / 4:00 pm (Tammy)	18 MANI/PEDI (Liz) 9:00 / 10:00 / 11:00 Cooking for One 6:30-8:30 (Comfort Foods)	19 Reflexology 9:30/ 11:00 (Lisa)	20
21	22 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00pm-3:00pm HAIR CUT/ STYLE 3:00 / 4:00 pm (Tammy)	23 HAIR CUT/ STYLE 3:00 / 4:00 pm (Tammy)	24 Healing Touch 1:30 (Shawnee) Mindfulness 1:00pm-3:00pm HAIR CUT/ STYLE 3:00 / 4:00 pm (Tammy)	25 Reconnective Healing 9:00/ 9:30/ 10:00/ 10:30 (Donna)	26	27
28	29 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00pm-3:00pm	30	31 Integrated Energy Therapy 10:30 (Raven) Healing Touch 1:30 (Shawnee) Mindfulness 1:00pm-3:00pm			

To book an appointment, arrange for transportation or receive more information, contact Patti at **(519) 931-3474**

- Programs printed in **BLACK** are offered to **ALL** clients
- Programs printed in **RED** are offered to **BEREAVED** clients only
- Programs printed in **GREEN** are offered to **CAREGIVER** and **BEREAVED** clients only

Programs & Services are subject to change or cancellation.

