



December 2017 Wellness Events

WELLNESS WEDNESDAY WORKOUT

Wednesday, December 6, 13, and 20
Event Center, 5:00pm-6:00pm

JAM SESSION

Friday, December 8
Event Center, 3:00pm-5:00pm

LEVEL 1 YOGA

Monday, December 11 and 18
Event Center, 5:00pm-6:00pm

COMFORT FOOD AND JOY

Tuesday, December 12
Dr. Falck's Office, 11:00am-2:00pm

THERAPY DOGS

Friday, December 15
Event Center, 11:00am-1:00pm