

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Values Vs Goals	30 I.D.E.A.S 5:30pm	31	1 Compulsive Eating Class 2 5-6pm	2	3 AWM Orientation 11AM	4
5 Strength Training	6 AWM Orientation 5:30pm I.D.E.A.S 5:30pm	7	8 Compulsive Eating Class 3 5-6pm	9	10 Dine Out Heart Smart 8am	11
12 Fats	13 I.D.E.A.S 5:30pm	14	15 Compulsive Eating Class 4 5-6pm	16	17 AWM Orientation 11AM	18
19 2012 Nutrition Trends	20 AWM Orientation 5:30pm I.D.E.A.S 5:30pm	21	22 Compulsive Eating Class 5 5-6pm	23	24	25
26 Emotional Eating	27 I.D.E.A.S 5:30pm	28	29 Compulsive Eating Class 6 5-6pm	1	2	3

DMH WELLNESS CENTER

Sign up for a grocery store tour!

Zumba anyone- call 876-4249 for more details!

Phone: 876.4249



Class and Clinics for Adult Weight Management are on the following days and times unless otherwise noted:

Mondays from 11-12pm, 4:30-5:30pm

Tuesdays from 7-8am, 11-12pm and 4:30-5:30pm

Thursdays from 5-6pm.