

# MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Counting Down Cholesterol Wellness Classroom 0900-1015</p> <p>Alzheimer's Caregiver Support Group Wellness Classroom 1130-1230</p>	<p>2 <i>Facility Closes @ 1200 for Routine Training</i></p>	<p>3 Welcome to Readiness Wellness Classroom 0830-1000</p>
<p>6 Welcome to Wellness Wellness Classroom 1200-1330</p>	<p>7 Tobacco Cessation Class Wellness Classroom 1130-1230</p>	<p>8 Sleep Hygiene Class Wellness Classroom 1100-1200</p>	<p>9 <i>Lunch &amp; Learn Organic Gardening Fox Den 1200-1300</i></p>	<p>10 Welcome to Readiness Wellness Classroom 0830-1000</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16 <i>Diabetes Seminar Wellness Classroom 0745-1230</i></p> <p><i>Scale Back Alabama Weigh Outs Wellness Clinic 0800-1600</i></p>	<p>17 Welcome to Readiness Wellness Classroom 0830-1000</p> <p><i>Scale Back Alabama Weigh Outs Wellness Clinic 1030-1600</i></p> 
<p>20 Welcome to Wellness Wellness Classroom 1200-1330</p> <p><i>FIT for Performance Wellness Classroom 1400-1530</i></p>	<p>21 <i>Scale Back Alabama Weigh Outs Wellness Clinic 0800-1600</i></p> <p>Tobacco Cessation Class Wellness Classroom 1130-1230</p>	<p>22 <i>Scale Back Alabama Weigh Outs Wellness Clinic 0800-1600</i></p>	<p>23 <i>Lunch &amp; Learn Lyme Disease Fox Den 1200-1300</i></p>	<p>24 Welcome to Readiness Wellness Classroom 0830-1000</p>
<p>27 Welcome to Wellness Wellness Classroom 1200-1330</p>	<p>28 Tobacco Cessation Class Wellness Classroom 1130-1230</p> <p>Sleep Hygiene Class Wellness Classroom 1400-1500</p>	<p>29</p>	<p>30</p>	<p>31 Welcome to Readiness Wellness Classroom 0830-1000</p>