



JANUARY 2019

Hours: 8:30am – 4:30pm Monday – Friday
 Address: 550 Lobdell Ave., Baton Rouge, LA 70806
 Phone: 225-927-2273

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFFICE CLOSED FOR NEW YEARS DAY!	2 12pm- W. Feliciana Group	3 9:30- Zumba Gold 12pm- Lung Group 6:30- Reiki Circle	4 12pm- Pancreatic Group	5
6	7 10:30- Yoga Thrive 5:15- Fit & Fearless 7pm- Prostate Group	8 Reiki by appt. 9:30- Fit & Fearless 10am- Coffee Talk 6pm- SurviveDat	9 12pm- Rosebuds (Breast & GYN Cancer Pavilion)	10 9:30- Zumba Gold 12pm- Brain Group	11	12
13	14 10:30- Yoga Thrive 5:15- Fit & Fearless	15 Reiki by appt. 9:30- Fit & Fearless 10am- Coffee Talk	16 4pm- OHN Group	17 9:30- Zumba Gold	18	19
20 Bowling at All Star Lanes (Call for details!)	21 Reiki by appt. 10:30- Yoga Thrive 12pm- Digestive Group 5:15- Fit & Fearless	22 Reiki by appt. 9:30- Fit & Fearless 10am- Coffee Talk 6pm- Young Adult Group	22 12pm- Sunflowers (Breast & GYN Cancer Pavilion) 12pm- Ascension Group	24 9:30- Zumba Gold 12pm- Cancer 101	25 12pm- Blood Group	26
27	28 Reiki by appt. 10:30- Yoga Thrive 5:15- Fit & Fearless	29 Reiki by appt. 9:30- Fit & Fearless 10am- Coffee Talk	30	31		