

Monday	Tuesday	Wednesday	Thursday	Friday
Creative thinking 2- 3pm	Group Fellowship 2:15 - 4pm	Empowerment 1:30 - 2:40pm	Open Session 2 - 2:30pm	
			Mindfulness 2:30 - 3:30pm	Read and Relax 3 - 4:30pm
			Health + Wellness 5:30 - 6:30pm	