

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Wellbeing 11am- 12:30pm			CLW Workshop 11am - 1:15pm	CLW Workshop 11am - 1:15pm
		Empowerment 13:30 - 14:40	Open Session 2 - 2:30pm	
Creative Thinking 2- 3pm	Group Fellowship 2:15 - 4pm		Mindfulness 2:30 - 3:30pm	
		Mindfulness and Yoga 3:30 - 4:45pm		Read and Relax 3 - 4:30pm
			Health + Wellness 5:30 - 6:30	