

August 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11 AM-12 PM Mindfulness/ Relaxation *	2 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	3	4
5	6	7 10 -2 PM: Massage Therapy*	8 1-2 PM Harpist* 3-4 PM Living with Cancer Support Group	9 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	10 12:30-1:30 PM Music Therapy*	11
12	13 12-2 PM Art Therapy*	14 10 -2 PM: Massage Therapy*	15 11 AM-12 PM Mindfulness/ Relaxation *	16 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	17	18
19	20	21 10 -2 PM: Massage Therapy*	22	23 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	24 12:30-1:30 PM Music Therapy*	25
26	27 12-2 PM Art Therapy*	28 10 -2 PM Massage Therapy*	29	30 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	31	

Oncology Exercise Program at The Wellness Center every M-W-F.

Programs are offered free of charge for 90 days & during infusion therapy. Programs with * offered during infusion therapy. For information on any of these programs call 603.663.6535.

<h1 style="margin: 0;">September 2018</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4 10 -2 PM Massage Therapy* 5:30-6:30 PM: Lymphedema Support Group	5 11 AM-12 PM Mindfulness/ Relaxation *	6 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	7 12:30-1:30 PM Music Therapy*	8
9	10 12-2 PM Art Therapy*	11 10 -2 PM: Massage Therapy*	12 1-2 PM Harpist* 3-4 PM Living with Cancer Support Group	13 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	14	15
16	17	18 10 -2 PM: Massage Therapy*	19 11 AM-12 PM Mindfulness/ Relaxation *	20 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	21 12:30-1:30 PM Music Therapy*	22
23	24 12-2 PM Art Therapy*	25 10 -2 PM: Massage Therapy* 6-8 PM Look Good, Feel Better	26	27 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	28	29
30						

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<h1>October 2018</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 10 -2 PM Massage Therapy*	3 11 AM-12 PM Mindfulness/ Relaxation *	4 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	5 12:30-1:30 PM Music Therapy*	6
7	8 12-2 PM Art Therapy*	9 10 -2 PM: Massage Therapy*	10 1-2 PM Harpist* 3-4 PM Living with Cancer Support Group	11 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	12	13
14	15	16 10 -2 PM: Massage Therapy*	17 11 AM-12 PM Mindfulness/ Relaxation *	18 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	19 12:30-1:30 PM Music Therapy*	20
21	22 12-2 PM Art Therapy*	23 10 -2 PM: Massage Therapy*	24	25 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	26	27
28	29	30 10 -2 PM Massage Therapy*	31			

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November 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	2 12:30-1:30 PM Music Therapy*	3
4	5 12-2 PM Art Therapy*	6 10 -2 PM: Massage Therapy*	7 11 AM-12 PM Mindfulness/Relaxation *	8 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	9	10
11 Veterans Day	12	13 10 -2 PM: Massage Therapy*	14 1-2 PM Harpist* 3-4 PM Living with Cancer Support Group	15 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	16 12:30-1:30 PM Music Therapy*	17
18	19 12-2 PM Art Therapy*	20 10 -2 PM: Massage Therapy*	21 11 AM-12 PM Mindfulness/Relaxation *	22 Thanksgiving Day	23	24
25	26	27 10 -2 PM Massage Therapy* 6-8 PM Look Good, Feel Better	28	29 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	30 12:30-1:30 PM Music Therapy*	

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<h1>December 2018</h1>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12-2 PM Art Therapy*	4 10 -2 PM Massage Therapy* 5:30-6:30 PM: Lymphedema Support Group	5 11 AM-12 PM Mindfulness/ Relaxation *	6 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	7	8
9	10	11 10 -2 PM: Massage Therapy*	12 1-2 PM Harpist* 3-4 PM Living with Cancer Support Group	13 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	14 12:30-1:30 PM Music Therapy*	15
16	17 12-2 PM Art Therapy*	18 10 -2 PM: Massage Therapy*	19 11 AM-12 PM Mindfulness/ Relaxation *	20 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	21	22
23	24	25 Christmas	26	27 10 -2 PM Massage Therapy* 6:30-8 PM Thriving with YogaCaps	28 12:30-1:30 PM Music Therapy*	29
30	31 12-2 PM Art Therapy*					

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