



October 2009 Wellness Center



Mon	Tue	Wed	Thu	Fri
<p>5 Coffee Hour! 11a Future Non-Smokers 12p NA 1p Men's Support 3:30p</p>	<p>6 MH Conference Ames Weight Loss Group 1p Peer Team Mtg. 2p Visit 2West 3p Emotions Anonymous 4:30p NAMI Mtg. 7p HERE</p>	<p>7 MH Conference Ames Dual Recovery Anon 11a Meditation 1p Sharing Group with Apryl and Cathy and John 2-4p NO WRAP TODAY</p>	<p>8 National Depression Screening Day 12-5p Meditation 12p Seize the Day 1p Board Games/Euchre 1-4p NAMI Movie at Mindframe Theater: \$5 at 7p</p>	<p>9 Meditation 12:30p Art/Singing/Dance 1p Sharing Group w/Carolyn 2p Film & Discussion 4p NAMI Live Music at Mindframe Theater: \$5 @ 7p</p>
<p>12 Coffee Hour! 11a Future Non-Smokers 12p NA 1p Men's Support 3:30p Diabetes Self-Management 5-7p</p>	<p>13 Weight Loss Group 1p Peer Team Mtg 2p Visit 2West 3p Emotions Anonymous 4:30p Recovery Int. 7:30p</p>	<p>14 Dual Recovery Anon 11a FINAL Fall WRAP 1-3p Chair YOGA 4p FINAL Fall WRAP 5-7p</p>	<p>15 Meditation 12p Seize the Day 1p CHAIR YOGA 2p Board Games/Euchre 1-4p Financial Recovery 3p GLBTQ Support 4p Suicide Survivors Support 6p</p>	<p>16 Meditation 12:30p Art/Singing/Dance 2p Film & Discussion 3p</p>
<p>19 Peer Run Respite: A Discussion Over Coffee 11a-1p NA 1p Men's Support 3:30p Diabetes Self-Management 5-7p</p>	<p>20 Peer Team Mtg 2p Visit 2West 3p Emotions Anonymous 4:30p NAMI 7p HERE Recovery Int. 7:30p</p>	<p>21 Dual Recovery Anon 11a Grief Support 1p Journaling 2p Workforce Wednesday 3:30p Meditation 4:30p</p>	<p>22 Meditation 12p Seize the Day 1p CHAIR YOGA 2p Board Games/Euchre 1-4p</p>	<p>23 Meditation 12:30p Art/Singing/Dance 1p Sharing Group w/ Carolyn 2p Film & Discussion 4p</p>
<p>26 Coffee Hour! 11a Future Non-Smokers 12p NA 1p Men's Support 3:30p Diabetes Self-Management 5-7p</p>	<p>27 Weight Loss Group 1p Peer Team Mtg 2p Visit 2West 3p Emotions Anonymous 4:30p Recovery Int. 7:30p</p>	<p>28 Dual Recovery Anon 11a Journaling 1p Sharing Group with Apryl and Cathy 2-4p</p>	<p>29 Meditation 12p Seize the Day 1p Board Games/Euchre 1-4p GLBTQ Support 3p Financial Recovery 4p</p>	<p>30 Meditation 12:30p Grief Support 1p Art/Singing/Dance 2p Film & Discussion 3p</p>