

# MLSCC January Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<i>1</i>  <i>Happy New Year!</i>  Office Closed	<i>2</i>
<i>3</i>	<i>4</i>  Restorative Yoga & Meditation 6:00pm	<i>5</i>	<i>6</i>	<i>7</i>  Caregiver Support Group 4:00pam	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i> Look Good... Feel Better 2:00 - 4:00pm Restorative Yoga & Meditation 6:00pm	<i>12</i>	<i>13</i>	<i>14</i>  Conversations 4:00pm	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>  Restorative Yoga & Meditation 6:00pm	<i>19</i>  Breast Cancer Support Group 11:00am	<i>20</i>	<i>21</i>  Caregiver Support Group 4:00pm	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i>  Restorative Yoga & Meditation 6:00pm	<i>26</i>  Benefits of Yoga Dr. Inzerillo <i>Knowledge is Power</i> 6:00pm	<i>27</i>	<i>28</i>  Conversations 4:00pm	<i>29</i>	<i>30</i>
<i>31</i>						