

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 WC Via Zoom: Breathing and Meditation	3	4 WC Via Zoom: Breathing and Meditation	5	6
7	8	9	10	11	12	13
14 Mother's Day	15 Zoom Learn at Lunch w/Ross: Resource Rundown	16 WC Via Zoom: Breathing and Meditation	17	18 WC Via Zoom: Breathing and Meditation	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30 WC Via Zoom: Breathing and Meditation	31			

Notes:

WC: Wellness Classes. All Wellness Classes start at 12:10pm, unless otherwise stated
