

FEBRUARY 2020

BE SURE TO ENROLL BY PHONE IN CASE OF SCHEDULE CHANGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 1 P.M. Fitness	4 10 A.M. Fitness 11:30 SUPPORT GROUP	5 1 P.M. Fitness	6 10 A.M. Fitness	7	8
9	10 1 P.M. Fitness	11 10 A.M. Fitness 11:30 SUPPORT GROUP	12 1 P.M. Fitness	13 10 A.M. Fitness	14	15
16	17 1 P.M. Fitness	18 10 A.M. Fitness 11:30 SUPPORT GROUP	19 1 P.M. Fitness 6:30 P.M. Family & Caregivers Support Group 5:30—9:30 P.M. CPR/AED	20 10 A.M. Fitness	21	22
23	24 1 P.M. Fitness	25 10 A.M. Fitness 11:30 Support Group	26 1 P.M. Fitness	27 10 A.M. Fitness	28	29 9-2:30 P.M. CPR/AED First Aid Class

B.R.A.I.N.



KEY: RED-FITNESS, GREEN-WORKSHOPS, BLUE-FREE SUPPORT GROUPS, PURPLE- HOLIDAYS , ORANGE- CPR/AED

Trauma creates change you DON'T choose, healing is about creating change you DO choose! —Michelle Rosenthal





FREE SUPPORT GROUP FOR SURVIVORS -

EVERY TUESDAY 11:30-1:00P.M.

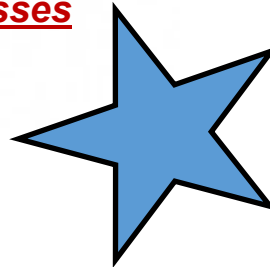
*Family & Caregivers Support Group:
January 15th, 2020*

3RD WEDNESDAY 6:30-8:00P.M.



CPR/AED/FIRST AID—Certification Classes

- February 19—CPR/AED
5:30-9:30 p.m.—Cost: \$35.00
- February 29—CPR/AED/FIRST AID
9A.M.-2:30P.M.—Cost: \$50.00



SAVE A LIFE! These classes bring awareness to sudden cardiac failure and how to be the person to step forward and help a person in need.

The Heartsaver AED course teaches one-rescuer CPR, automated external defibrillator use, and relief of choking in adults, children and infants. The use of the barrier devices for all ages will also be covered.

Space is limited to 10 people per class.
All classes require you to sign up at least 3 days in advance.

FITNESS CLASS SCHEDULE

Monday/Wednesdays: 1pm to 3pm

Tuesday/Thursdays: 10am to 12 noon

