




MARCH EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Chair Yoga 9:30a-10:30a	31 Michelle's Place Office Hours 9a-2p Yoga 10a-11a RxBallroom 1-1:45p	1 Michelle's Place Office Hours 9a-2p  COFFEE TALK 11:00 am  Chair Yoga 10a-11a Qi Gong 2p-3p	2 Caregiver Wellness Community 9:30a RxBallroom 1-1:45p	3 Chair Yoga 10a-11a Fix it Friday 1p-3p	4
5	6 Chair Yoga 9:30a-10:30a	7 Michelle's Place Office Hours 9a-2p Yoga 10a-11a RxBallroom 1-1:45p	8 Michelle's Place Office Hours 9a-2p Postpartum Support 9:30a-11a Michelle's Place All Cancer Support Group 10a-11a Chair Yoga 10a-11a Qi Gong 2p-3p	9 High Blood Pressure Workshop 2:00p RxBallroom 1-1:45p	10 Chair Yoga 10a-11a Fix it Friday 1p-3p	11
12	13 Chair Yoga 9:30a-10:30a	14 Michelle's Place Office Hours 9a-2p Yoga 10a-11a RxBallroom 1-1:45p	15 Michelle's Place Office Hours 9a-2p Chair Yoga 10a-11a Qi Gong 2p-3p	16 Grief Support Group 10a-11:30a RxBallroom 1-1:45p	17  Chair Yoga 10a-11a Fix it Friday 1p-3p	18 Mental Health First Aid 8:00a-5:00p
19 Fallbrook Drum Circle 2p-5p	20 Chair Yoga 9:30a-10:30a	21 Michelle's Place Office Hours 9a-2p Yoga 10a-11a Michelle's Place DIY Spa Kit 10a-11a RxBallroom 1-1:45p	22 Michelle's Place Office Hours 9a-2p Chair Yoga 10a-11a Postpartum Support 9:30a-11a	23 Michelle's Place Brunch & Learn 10a Grief Support Group 10a-11:30a RxBallroom 1-1:45p	24 Parkinson's Support Group 10a-12p Chair Yoga 10a-11a Fix it Friday 1p-3p	25
26	27 Chair Yoga 9:30a-10:30a	28 Michelle's Place Office Hours 9a-2p Yoga 10a-11a Blood Drive 11a-4p RxBallroom 1-1:45p	29 Wellness Wednesday 12:30p-2:30p Screenings Michelle's Place Office Hours 9a-2p Chair Yoga 10a-11a	30 Grief Support Group 10a-11:30a RxBallroom 1-1:45p	31 Chair Yoga 10a-11a Fix it Friday 1p-3p	1

Wellness Wednesday- March 29th 12:30p-2:30p
Health Screenings: Blood Sugar, Blood Pressure, BMI 12:30p-2:30p
Workshop: Whole Foods, Whole You 1:30 p

For an up to date class schedule and to register for events go to our website at:
www.fallbrookhealth.org/community-health-wellness-center

