


FEBRUARY EVENTS

2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
				10 am Stress Management Group ** 12 pm ITLC Group **		
4	5	6	7	8	9	10
	10 am Meditation Group	10 am Support Group	10 am Online Yoga Class	10 am Stress Management Group ** 12 pm ITLC Group **		
11	12	13	14	15	16	17
	10 am Meditation Group	10 am Support Group	10 am Online Yoga Class	10 am Stress Management Group ** 12 pm ITLC Group **		
18	19	20	21	22	23	24
	President's Day 	10 am Support Group	10 am Online Yoga Class	10 am Stress Management Group ** 12 pm ITLC Group ** 10 am February Birthday Party Riverside Office		9 am Group Hike Mount Rubidoux
25	26	27	28	29	1	2
	10 am Meditation Group	10 am Support Group	10 am Online Yoga Class	10 am Stress Management Group ** 12 pm ITLC Group **		