

APRIL EVENTS

2024

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