

◀ Jan 2012		~ February 2012 ~					Mar 2012 ▶
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2 Tai Chi Class 6:30 - 8 PM Every Thursday Qigong Class 8 - 9 PM	3 Meet the Eyologist Good Health Naturally 3 - 6 PM	4	
5	6 Yoga Class 6:30 - 8 PM 10-week Program begins Monday, February 6th	7 Meet the Eyologist 3 - 6 PM (Dorchester)	8 What is Your Body Telling You? Presentation 1 - 3 PM By Donation	9	10 Chanting, Toning, Mantras Movement at Teresa's 1-3:30 or 7-9:30 PM	11	
12 Generative Conversation at Jocelyn's, 34 Belgrave 7 - 8:30 PM By Donation	13	14 <i>Nutrition Series **NEW**</i> Preventing Heart Disease 7 - 9 PM ** see flyer **	15 <i>Nutrition Series</i> The Blood Type Diet Building Immunity 5 - 7 PM	16 <i>Nutrition Series</i> Survival Shopping & Menu Menu Planning 1 - 3 PM Women in Song 7 - 9 PM	17 Meet the Eyologist Good Health Naturally 3 - 7 PM	18 Sclerology Appointments in in Brantford-Hamilton Inquiries welcome	
19	20 Heritage Holiday	21 Meet the Eyologist 3 - 6 PM (Dorchester) What's your Body Telling You? 6:30 - 8:30 PM	22 <i>Nutrition Series</i> Get Ready for Spring Cleansing 2 - 4 PM	23 <i>Nutrition Series **NEW**</i> Preventing Heart Disease 2 - 4 PM ** see flyer **	24 Drum, Rattle and Chant Circles at Teresa's 1-3:30 or 7-9:30 PM	25 Egyptian Qigong with Jason Quitt 10 - 4 PM workshop No experience req'd.	
26 Generative Conversation at Jocelyn's, 34 Belgrave 7 - 8:30 PM By Donation	27 Karaoke Night 245 Tecumseh St. E. RSVP to 519-266-9407	28 What's your Body Telling You? Presentation 7 - 9 PM By Donation	29 <i>Nutrition Series</i> Preventing Heart Disease 7 - 9 PM ** see flyer **	Notes: March features Survival Shopping & Menu Ping Wed March 7th 7 - 9 PM			