

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2010</h1>						
	1 5:30pm Weight Watchers 7pm Exercise is Medicine Lecture	2	3 6:30am Early Coffee Club 10:30am Coffee Club	4 6pm Bariatric Support Group	5 4-7 Family Fitness Night	6
7	8 5:30pm Weight Watchers	9	10 6:30am Early Coffee Club 10:30am Coffee Club 10:30 Heart Healthy Sandwich Wrap Demo 11:00 Sr Bowling - Bowling Alley	11 11am Diabetes Support Group 6pm MS Support Group	12 4-7 Family Fitness Night	13
14	15 5:30pm Weight Watchers	16	17 Are you a Stress eater? Lecture with Bob Corbin 10:30am Coffee Club	18 6pm Bariatric Seminar	19 4-7 Family Fitness Night	20
21	22 5:30pm Weight Watchers	23	24 10:30am Coffee Club	25 10:30am Silver Sneakers Fellowship - member lounge 6pm Compassionate Friends Support Group	26 4-7 Family Fitness Night	27
28	29 5:30pm Weight Watchers	30	31 10:30am Coffee Club			

