

May 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 National High Blood Pressure Prevention Month</p> <p>Eat Well Live Well food demonstration</p>	2	3
4	5	6	7 Yoga; Memorial Art Gallery 12-1pm	8	9	10
11	12	13	14 Weight Watchers meeting; Med Cntr. 12-1pm Yoga; Memorial Art Gallery 12-1pm	15	16	17
18	19	20 Quitting Time 12-1pm Medical Center	21 National Employees Health and Fitness Day -Weight Watchers meeting; Med Cntr. 12-1pm; Yoga at MAG; 12-1pm	22 Weight Watchers meeting; Med Cntr. 12-1pm	23	24
25	26	27	28 Weight Watchers meeting; Med Cntr. 12-1pm Yoga; Memorial Art Gallery 12-1pm	29 Weight Watchers meeting; Med Cntr. 12-1pm -Coping With Work and Family Stress 1-4:30pm Chase Corporate Challenge 7pm at RIT	30	31