

February 2012 Health & Wellness Classes

MON	TUE	WED	THU	FRI	SAT
		1 Yoga for Lower Back Pain @ 7 PM	2 Depression Support@10:30AM Healthy Mind @ 4:30 PM Exercise Class @ 6 PM	3	4 Zumba 9AM Yoga 10AM
6 Zumba @ 9AM	7	8	9 Healthy Mind & Body @ 4:30PM Exercise Class @ 6 PM	10	11 Yoga 10AM
13	14 Nutrition Workshop @ 1 PM	15	16 Healthy Mind & Body @ 4:30PM	17	18 Zumba 9 AM Yoga 10 AM
20 Clinic Closed! President's Day	21 ENG Diabetes Group @6 PM POL Diabetes Group @ 7:30 PM	22	23 Healthy Mind & Body @ 4:30PM Exercise Class @ 6 PM	24	25 Zumba 9 AM Yoga 10 AM
27 Zumba @9AM Polish Depression @7:30 PM	28	29 Diabetes Support Group @7PM			



2611 W. Chicago Ave
Chicago, IL 60622

Register at the Front Desk
or call for more
information @
773.969.5919

Health Education Classes
at CommunityHealth are
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Febrero 2012 Clases de Salud y Bienestar

LUNES MARTES MIERCOLES JUEVES VIERNES SABADO

		1 Yoga para el dolor de espalda @ 7 PM	2 Cuerpo Sano, Mente Sana @ 4:30PM Clase de Ejercicio @ 6 PM	3	4 Zumba 9AM Yoga 10AM Grupo de Diabetes @ 11:30 AM
6 Zumba @ 9AM Grupo de Apoyo de Depresión @ 10:30 AM	7 Taller de Nutrición @ 1 PM	8	9 Cuerpo Sano, Mente Sana @ 4:30PM Clase de Ejercicio @ 6 PM	10	11 Yoga 10AM
13	14	15	16 Cuerpo Sano, Mente Sana @ 4:30PM	17	18 Zumba 9 AM Yoga 10 AM
20 ¡Clínica esta Cerrada! President's Day	21	22 Grupo de Diabetes @ 5:30 PM	23 Cuerpo Sano, Mente Sana @ 4:30PM Clase de Ejercicio @ 6 PM	24	25 Zumba 9 AM Yoga 10 AM
27 Zumba @9AM	28	29 Grupo de apoyo de Diabetes @ 7 PM			



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