

Monday	Tuesday	Wednesday	Thursday
4 9:30 to 5:00 – World Cancer Day Survivor Portraits 4:00 – Massage 5:00 – Chair Yoga 6:30 – Enhance Fitness	5 10:00 – Basic Hatha Yoga 10:30 - Valentines Cards Craft 10-2:00, 2:30-6:30 – Massage 11:15 – Chair yoga 12:15 – Crochet Club 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	6 9:00 – Massage 11:00 – Restorative Yoga 1:30 – Moving for Better Balance 2:00 – Cooking	7 10:00 – Basic Hatha Yoga 10:00- Massage 10:00 – New Year, New You: Mary Kay Makeovers 10:30 - Valentines Cards Craft 11:15 – Chair yoga 1:45 – Moving for Better Balance 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness
11 <b>No Door to Wellness</b> <b>Office closed</b>	12 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:300 – Massage 10:30 – Game Day: Ping Pong 11:15 – Crochet Club 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	13 9:00 – Massage 1:30 – Moving for Better Balance	14 10:00 – Basic Hatha Yoga 10:00 – Massage 10:30 – Client Showcase 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 – LIVESRONG Fitness
18 4:00 – Massage 4:30 – Solar Photography with Dawn 5:00 – Chair Yoga 6:30 – Enhance Fitness	19 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:30 – Massage 10:30 – String Art with Amanda 11:15 – Chair Yoga 2:00 – Breast Cancer Conversation 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	20 9:00 – Massage 11:00 – Restorative Yoga 1:30 – Moving for Better Balance 2:00 – Cooking 3:00 – Meditation Class	21 10:00 – Basic Hatha Yoga 10:00 – Massage 10:30 – Destressing techniques w/ Dylan 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness
25 4:00 – Massage 4:30 – Conversation Starters 5:00 – Chair Yoga 5:30 – Cooking Demo 6:30 – Enhance Fitness	26 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:30 – Massage 10:30 – Affirmations w/ Heidi 11:15 – Chair yoga 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	27 9:00 – Massage 1:30 – Moving for Better Balance	28 10:00 – Basic Hatha Yoga 10:00 – Massage 10:30 – Trivia 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness



Door to Wellness  
**FEBRUARY**  
**2019**

*Hours:*

*Mon: 9 a.m. – 8 p.m.*

*Tue: 9 a.m. – 8 p.m.*

*Wed: 9 a.m. – 5 p.m.*

*Thu: 9 a.m. – 8 p.m.*

*Fri: 9 a.m. – 1 p.m.*

*There are no scheduled activities on Fridays.*

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