


Monday	Tuesday	Wednesday	Thursday
		1 9-12:00 – Massage (last massage at 11:30) Office Closing at 12:00 for Staff Activity	2 10:00 – Basic Hatha Yoga 10:30 – String Art 11:15 – Chair yoga 1:45 – Moving for Better Balance 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness
6 4-7:00 – Massage 5:00 – Chair Yoga 5:30 –Cooking Beverage Day: Healthy shakes/drinks 6:30 – Enhance Fitness	7 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:30 – Massage 10:30 – Beverage Day: Healthy shakes/drinks 11:00- Crochet Club 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	8 9-1:00 – Massage 11:00 – Restorative Yoga 1:30 – Moving for Better Balance	9 10:00 – Basic Hatha Yoga 10:30 – Mother’s Day Crafts 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness
13 4-7:00 – Massage 4:30 – Client Showcase with Faith 5:00 – Chair Yoga 6:30 – Enhance Fitness	14 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:30 – Massage 10:30 – Coffee and Canvas 11:15 – Chair Yoga 2:00 – Breast Cancer Conversation 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	15 9-1:00 – Massage 1:30 – Moving for Better Balance 2:00 – Cooking	16 10:00 – Basic Hatha Yoga 10:30 –Journaling your Journey 10:30- Game Day 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness
20 4-7:00 – Massage 4:30 – Game Night 5:00 – Chair Yoga 5:30 – Cooking Demo 6:30 – Enhance Fitness	21 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:30 – Massage 10:30 –Staff Showcase with Chelsy 11:15 – Chair yoga 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	22 9-1:00 – Massage 11:00 – Restorative Yoga 1:30 – Moving for Better Balance	23 10:00 – Basic Hatha Yoga 10:30 – Memorial Event 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness
Closed for Memorial Day 	28 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:30 – Massage 10:30 – Scavenger Hunt 11:15 – Chair yoga 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	29 9-1:00 – Massage 1:30 – Moving for Better Balance 2:00 – Cooking	30 10:00 – Basic Hatha Yoga 10-2:00- Massage 10:30 – Trivia 11:15 – Chair yoga 1:45 – Moving for Better Balance 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness



Door to Wellness

May 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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