

# March 2019, Wellness Calendar – 150 E 42nd Street



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	1	2
			Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8	Nutrition Counseling w/ Jennifer Kartashevsky	
3	4	5	6	7	8	9
	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Take Time to Meditate Mindfulness Workshop 5:15-6:15 PM 4th Fl. Rm 4A-8	Reach Your Peak Fitness Class led by Andrew Randall 5:30-6:15 PM 4th Fl. Rm 4A-12	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8		
10	11	12	13	14	15	16
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31	1	2	3	4	5	6