



MARCH 2016 Calendar

WellBeingMD®, LTD - Center for Life

11950 S. Harlem Avenue - L1 - Palos Heights, IL, 60463

Call Dina to reserve your spot! - 708.448.9450



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 6:15 pm Tai Chi 7:30pm Acupuncture/Acupressure Plus Series IV	2 7pm Foundation Training II *New Series	3 7:30 pm Intermediate Yoga	4 9 am MELT INTRO *Special INTRO	5	6 11am 4 Part Learn to MELT Series
7 5:50 pm Functional Fitness 7 pm Beg. Vinyasa Yoga	8 6:15 pm Tai Chi 7:30pm Acupuncture/Acupressure Plus Series IV	9 7pm Foundation Training II	10 7:30 pm Intermediate Yoga	11 9 am MELT Class	12	13 11am 4 Part Learn to MELT Series 2 pm Movie: GMO OMG!
<div>  <p>MARCH IS NATIONAL NUTRITION MONTH The 2016 National Nutrition Month® theme is "Savor the Flavor of Eating Right."</p> </div>						
14 5:50 pm Functional Fitness 7 pm Beg. Vinyasa Yoga	15 6:15 pm Tai Chi 7:30pm Acupuncture/Acupressure Plus Series IV	16 7pm Foundation Training II	17 Noon Lunch and Learn 7:30 pm Intermediate Yoga	18 9 am MELT Class 7 pm Gong Meditation Special Event	19 10 am Joint Seminar	20 11am 4 Part Learn to MELT Series
21 5:50 pm Functional Fitness 7 pm Beg. Vinyasa Yoga	22 6:15 pm Tai Chi 7:30pm *New Series Acupuncture/Acupressure Plus Series 5	23 7pm Foundation Training II	24 7:30 pm Intermediate Yoga	25	26	27
<div>  <p>Movie: GMO OMG March 13 @ 2 pm and March 28 @ 7 pm</p> </div>						
28 7 pm Movie: GMO OMG! *Special Event	29 6:15 pm Tai Chi 7:30pm Acupuncture/Acupressure Plus Series 5	30 7pm Foundation Training II	31 7:30 pm Intermediate Yoga			

Always check our website for updated information.
www.WellBeingMD.com