



November 2016 Calendar - WellBeingMD®, LTD - Center for Life

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

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www.wellbeingmd.com

Call Dina to reserve your spot!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10/31 9:00 AM Vitality Plus (101+201) 10:00 AM Brain and Body Vitality	11/1	11/2	11/3	11/4	11/5 1:00 PM FREE INTRO Smoking Cessation	11/6
	6:30 PM Acupuncture Acupressure Auriculotherapy w/TRT	5:00 PM Brain/Body Vitality 6:00 PM Vitality Plus (101+201) 7:00 PM FREE INTRO Smoking Cessation	7:30 PM Intermediate Yoga			
11/7 9:00 AM Vitality Plus (101+201) 10:00 AM Brain and Body Vitality	11/8	11/9	11/10	11/11 7:00 PM	11/12 1:00 PM	11/13 10:00 AM
	6:30 PM Acupuncture Acupressure Auriculotherapy w/TRT	5:00 PM Brain/Body Vitality 6:00 PM Vitality Plus (101+201)	7:30 PM Intermediate Yoga	Smoking Cessation Program  QUIT SMOKING PROGRAM 2 FREE Educational Introductions Wed., Nov. 2nd @ 7 PM Sat., Nov. 5th @ 1 PM SMOKING CESSATION PROGRAM November 11, 12, and 13		
6:00 PM Beg. Vinyasa Yoga						
11/14 9:00 AM Vitality Plus (101+201) 10:00 AM Brain and Body Vitality	11/15	11/16	11/17	 Great American Smokeout		
	6:30 PM Acupuncture Acupressure Auriculotherapy w/TRT	5:00 PM Brain/Body Vitality 6:00 PM Vitality Plus (101+201)	7:30 PM Intermediate Yoga			
6:00 PM Beg. Vinyasa Yoga				Gastroesophageal Reflux Disease Awareness Week		
11/21	11/22	11/23	11/24			
	6:30 PM Acupuncture Acupressure Auriculotherapy w/TRT		 National Family Health History Day	 <i>Give thanks & stay healthy</i>		

November is...

American Diabetes Month
COPD Awareness Month

National Family Caregiver Month
Lung Cancer Awareness Month

Find out more at: <http://www.healthline.com>