

July 2017



250 W Continental Road
Ste 500
Green Valley, AZ 85622
520-393-6700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3. 9:15-10:15 AM Strong Bones Workout	4. Nutritionist available please call for appointment	5. 9:00-11:00 AM Blood Pressure Screening	6. 2:30-3:30 PM Parkinson's Brain Exercise	7. 1:30-2:30 PM Valor Grief Support Group	8.
9.	10. 9:15-10:15 AM Strong Bones Workout	11. Nutritionist available please call for appointment	12. 9:00-11:00 AM Blood Pressure Screening 1:30-3:00 PM AAUW Summer Book Club	13. 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	14. 1:30-2:30 PM Valor Grief Support Group	15.
16..	17. 9:15-10:15 AM Strong Bones Workout	18. Nutritionist available please call for appointment	19. 9:00-11:00 AM Blood Pressure Screening	20. 11:00-12:30 FITSS Human Services Meeting 1:30-4:00PM UCHC Team Meeting	21. 1:30-2:30 PM Valor Grief Support Group	22.
23.	24. 9:15-10:15 AM Strong Bones Workout	25. Nutritionist available please call for appointment	26. 9:00-11:00 AM Blood Pressure Screening 12:00-1:00 Parkinson's lunch with Doctors	27. 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	28. 1:00 PM Movie Afternoon <i>Wild Oats</i>	29.
30.	31. 9:15-10:15 AM Strong Bones Workout					

RSVP necessary for nutrition & most classes please call (520) 393-6700 to verify