

August 2017



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Nutritionist available please call for appointment	2. 9:00-11:00 AM Blood Pressure Screening	3. 2:30-3:30 PM Parkinson's Brain Exercise	4. 1:30-2:30 PM Valor Grief Support Group	5.
6.	7. 9:15-10:15 AM Strong Bones Workout	8. Nutritionist available please call for appointment	9. 9:00-11:00 AM Blood Pressure Screening	10. 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	11. 1:30-2:30 PM Valor Grief Support Group	12.
13.	14. 9:15-10:15 AM Strong Bones Workout 10:30-11:30AM Introduction to Reiki	15. Nutritionist available please call for appointment	16. 9:00-11:00 AM Blood Pressure Screening 1:30-3:0 PM AAUW Summer Book Club	17. 9:00-4:00 PM UCHC INS Counselor 11:00-12:30 FITSS Human Services Meeting	18. 1:30-2:30 PM Valor Grief Support Group	19.
20.	21. 9:15-10:15 AM Strong Bones Workout	22. Nutritionist available please call for appointment	23. 9:00-11:00 AM Blood Pressure Screening	24. 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	25. 1:00 PM Movie Afternoon	26.
27.	28. 9:15-10:15 AM Strong Bones Workout	29. Nutritionist available please call for appointment	30. 9:00-11:00 AM Blood Pressure Screening 12:00-1:00 Parkinson's lunch with Docs	31.		

****Please note, this calendar may change. Check for updates at our online calendar:
<http://posadalife.org/community-services/community-connect/RSVP> necessary for nutrition, & most classes please**