

# August 2024

**\*\*All events will be held at the practice unless otherwise stated as an 'off-site event'\*\***

**EVENT DETAILS BELOW:**

**8/8/24- Swift Kick Band @ 530pm @ Sole Sandbar at Woodlawn Beach**

3580 Lakeshore Rd. Blasdell, NY 14219

Please feel free to bring family and friends to see our RN, Carolyn's, band!

**\*\*Paid Parking to enter Woodlawn Beach- \$7\*\***

**8/10 & 8/24/24- Outdoor Yoga Session @ 930am @ The InnBuffalo Off Elmwood**

619 Lafayette Ave. Buffalo, NY 14222- Held in the grass at the back of the Inn.

**8/12 & 8/26/24- Culinary Medicine Classes @ 6pm**

Please RSVP within (2) business days if you are planning to attend.

**8/18/24- Sunflower Yoga Festival @ 11am @ The Sunflowers of Sanborn**

3311 Saunders Settlement Rd. Sanborn, NY 14132

Stop by and say hello to Fare | Well as we have a vendor table at this event!

**8/24/24- Walk with a Doc w/ Friends & Family Potluck @ 12pm**

Chestnut Ridge Park, Shelter 4B (Map included- near the Martin Lodge)

6367 Chestnut Ridge Rd. Orchard Park, NY 14127 (up the street @ Shelter 4B)

Please feel free to bring family and friends as well as a dish to pass to this special Walk with a Doc event!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Yoga & Meditation 6am & 730am	7 Chair Yoga 10am	8 Swift Kick Band Event 530-830pm <b>*off-site event*</b>	9	10 Outdoor Yoga 930am <b>*off-site event*</b>
11	12 Culinary Medicine Class 'Fit Fair Food' 6pm <b>*PLEASE RSVP*</b>	13 Yoga & Meditation 6am & 730am	14 Chair Yoga 10am	15 Writing Group 3pm	16	17
18 Vibe Yoga Lab Sunflower Yoga Festival 11am-4pm <b>*off-site event*</b>	19	20 Yoga & Meditation 6am & 730am	21 Chair Yoga 10am	22	23	24 Outdoor Yoga 930am Walk with a Doc Potluck 12-2pm <b>*off-site events*</b>
25	26 Culinary Medicine Class 'Veggie Steaks' 6pm <b>*PLEASE RSVP*</b>	27 Yoga & Meditation 6am & 730am	28 Chair Yoga 10am	29	30	31