

October 2024

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

10/7 & 10/21/24- Culinary Medicine Classes @ 6pm

Held at the practice.

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

10/18 & 10/19/24- Food as Medicine Symposium

Jacobs School of Medicine @ 955 Main St. Buffalo, NY 14203

Fare | Well Medical Practice will be presenting at the Symposium.

Tickets are \$55.20 for both days and can be purchased online at Event Brite: BNMC 4th Annual Food As Medicine.

10/26/24- Walk With A Doc @ 10am

West Seneca Soccer Complex, 3747 Seneca St. West Seneca, NY 14224

Look for the sign! We'll meet to take a .9 mile walk around a paved, flat loop.

10/27-10/30/24- The Fare | Well Team will be attending the Lifestyle Medicine Conference in Orlando, FL

We will maintain phone access and telemed availability for patients during this time, as we continue to grow our knowledge in Lifestyle Medicine!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga & Meditation 6am & 730am	2 Chair Yoga 10am	3	4	5
6	7 Culinary Medicine 'Grain Bowls' 6pm *PLEASE RSVP*	8 Yoga & Meditation 6am & 730am	9 Chair Yoga 10am	10	11	12
13	14	15 Yoga & Meditation 6am & 730am	16 Chair Yoga 10am	17	18 Food As Medicine Symposium 11am-6pm *off-site event*	19 Food As Medicine Symposium 8am-5pm *off-site event*
20	21 Culinary Medicine 'All Things Pumpkin' 6pm *PLEASE RSVP*	22 Yoga & Meditation 6am & 730am	23 Chair Yoga 10am	24	25	26 Walk With A Doc 10am *off-site event*
27	28	29 Yoga & Meditation 6am & 730am *Substitute Teacher*	30 Chair Yoga 10am *Substitute Teacher*	31		