

November 2024

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

11/4 & 11/18/24- Culinary Medicine Classes @ 6pm

Held at the practice.

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

11/10/24- Taste of Yoga Event @ 9am-1230pm

Wurlitzer Building, 908 Niagara Falls Blvd. North Tonawanda, NY 14120

The Fare | Well Medical team will have a booth at this event hosted by The Buffalo Beauty Boost. Cost is \$33.85 and can be purchased at:

<https://www.eventbrite.com/e/taste-of-yoga-tickets-796522479177?aff=oddtcreator>

11/14/24- Creative Corner Painting/Drawing Session @ 4pm

Held at the practice.

Join us for a casual open painting or drawing session.

11/14/24- Buffalo's 40 Under 40 Recognition Lunch

Congrats to Dr. Lall for being recognized as one of Buffalo's 40 Under 40!

11/23/24- 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Culinary Medicine 'Soup Season' 6pm *PLEASE RSVP*	5 Yoga and Meditation 6am & 730am	6 Chair Yoga 10am	7	8	9
10 Taste of Yoga Event 9am-1230pm *off-site event*	11	12 Yoga and Meditation 6am & 730am	13 Chair Yoga 10am	14 Creative Corner 4pm	15	16
17	18 Culinary Medicine 'Feel Good Feast' 6pm *PLEASE RSVP*	19 Yoga and Meditation 6am & 730am	20 Chair Yoga 10am	21	22	23 Walk With A Doc 10am *off-site event*
24	25	26 Yoga and Meditation 6am & 730am	27 Chair Yoga 10am	28	29	30