

January

2025

1/13 & 1/28/25- Culinary Medicine Classes @ 6pm

Held at the practice.

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

1/26/25- 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
	30 Yoga and Meditation 6am & 730am Chair Yoga 10am	31	1	2	3	4
5	6	7 Yoga and Meditation 6am & 730am	8	9 Chair Yoga 10am	10	11
12	13 Culinary Medicine 'Healthier Pasta Sauces' 6pm *PLEASE RSVP*	14 Yoga and Meditation 6am & 730am	15	16	17	18
20	21	22 Yoga and Meditation 6am & 730am	23	24 Chair Yoga 10am	25	26 Walk With A Doc 10am *off-site event*
27	28 Culinary Medicine 'Wholesome Wildcard' 6pm *PLEASE RSVP*	29 Yoga and Meditation 6am & 730am	30	31 Chair Yoga 10am		