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.

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