

February 2025

2/3 & 2/10/25- Culinary Medicine Classes @ 6pm

Held at the practice.

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

2/17/25- Art Class @ 6pm

Held at the practice.

Join us for an art themed class!

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

2/15/25- 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
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2	3 Culinary Medicine Class 6pm **RSVP Required**	4 Yoga & Meditation 6am & 730am	5	6 Chair Yoga 10am	7	8
9	10 Culinary Medicine Class 6pm **RSVP Required**	11 Yoga & Meditation 6am & 730am	12	13 Chair Yoga 10am	14	15 Walk With A Doc 10am **off-site event**
16	17 Art Class 6pm **RSVP Required**	18 Yoga & Meditation 6am & 730am	19	20 Chair Yoga 10am	21	22
23	24	25 Yoga & Meditation 6am & 730am	26	27 Chair Yoga 10am	28	