

March 2025

3/5/25- Culinary Medicine Class @ 1pm

Held at the practice.

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

3/17/25- Culinary Medicine Class @ 6pm

Held at the practice.

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

3/29/25- 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
						1
2	3	4 Yoga & Meditation 6am & 730am	5 Culinary Medicine Class 1pm **RSVP Required**	6 Chair Yoga 10am	7	8
9	10	11 Yoga & Meditation 6am & 730am	12	13 Chair Yoga 10am	14	15
16	17 Culinary Medicine 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	29 Walk With A Doc 10am **off-site event**
30	31					