

April 2025

4/14/25- Culinary Medicine Class @ 6pm

Held at the practice.

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

4/28/25- Culinary Medicine Class @ 11am

Held at the practice.

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

4/26/25- 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
		1 Yoga & Meditation 6am & 730am	2 Chair Yoga 12pm	3	4	5
6	7	8 Yoga & Meditation 6am & 730am	9 Chair Yoga 12pm	10	11	12
13	14 Culinary Medicine Butter Beans 6pm **RSVP Required**	15 Yoga & Meditation 6am & 730am	16 Chair Yoga 12pm	17	18	19
20	21	22 Yoga & Meditation 6am & 730am	23 Chair Yoga 12pm	24	25	26 Walk With A Doc 10am **off-site event**
27	28 Culinary Medicine Rainbow Veggies 11am **RSVP Required**	29 Yoga & Meditation 6am & 730am	30 Chair Yoga 12pm			