

May 2025

**** All classes are held at the practice unless otherwise stated ****

5/5/25- Culinary Medicine Class @ 11am

Held at the practice.

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

5/19/25- Culinary Medicine Class @ 6pm

Held at the practice.

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

5/15/25- Book Club @ 5pm

Held at the practice.

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

5/31/25- 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	5 Culinary Medicine Cinco de Mayo 11am-1230pm **RSVP Required**	6 Yoga & Meditation 6-7am & 730-830am	7 Chair Yoga 12-1245pm	8	9	10
11	12	13 Yoga & Meditation 6-7am & 730-830am	14 Chair Yoga 12-1245pm	15 Book Club 5-6pm **RSVP Required**	16	17
18	19 Culinary Medicine What's in Season 6-730pm **RSVP Required**	20 Yoga & Meditation 6-7am & 730-830am	21 Chair Yoga 12-1245pm	22	23	24
25	26	27 Yoga & Meditation 6-7am & 730-830am	28 Chair Yoga 12-1245pm	29	30	31 Walk With A Doc 10-1045am **Off-Site Event**