

# June 2025

**\*\* All classes held at practice unless otherwise stated. \*\***

## **6/2/25- Culinary Medicine Class @ 6pm**

Held at the practice.

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

## **6/12/25- Grounding Walk & Shakespeare's Twelfth Night @ 630pm**

Shakespeare In The Park - 199 Lincoln Pkwy. Buffalo, NY 14222

Meet us for a 30-minute grounding walk & show. Bring blankets, chairs, and snacks!

## **6/29/25- 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.

## **6/5/25- Book Club @ 5pm**

Held at the practice.

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

## **6/14/25 & 6/28/25- Outdoor Yoga @ 930am**

InnBuffalo off Elmwood- 619 Lafayette Ave. Buffalo, NY 14222

Join us for outdoor yoga in the grass in the back, instructed by Dr. Lal!

## **6/30/25- Culinary Medicine Class @ 11am**

Held at the practice.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Culinary Medicine Wholesome Desserts <b>6-730pm</b> <b>**RSVP Required**</b>	3 Yoga & Meditation 6-7am & 730-830am	4 Chair Yoga 12-1245pm	5 Book Club 5-6pm  <b>**RSVP Required**</b>	6	7
8	9	10 Yoga & Meditation 6-7am & 730-830am	11 Chair Yoga 12-1245pm	12 Twelfth Night 630-830pm <b>** Off-Site Event**</b>	13	14 Outdoor Yoga 930-1030am <b>**Off-Site Event**</b>
15	16	17 Yoga & Meditation 6-7am & 730-830am	18 Chair Yoga 12-1245pm	19	20	21
22	23	24 Yoga & Meditation 6-7am & 730-830am	25 Chair Yoga 12-1245pm	26	27	28 Outdoor Yoga 930-1030am <b>**Off-Site Event**</b>
29 Walk With A Doc 10-1045am <b>**Off-Site Event**</b>	30 Culinary Medicine Picnic Inspirations <b>11am-1230pm</b> <b>**RSVP Required**</b>					