

# July 2025

**\*\*All events held at the practice unless otherwise stated\*\***

## 7/3/25- Book Club @ 5pm

Held at the practice. 'The Museum of Ordinary People' by Mike Gayle.

## 7/17/25- 'Swift Kick' Concert @ 6pm

Illio Di Paolo's Courtyard- 3786 South Park Ave. Blasdell, NY 14219

Join us in enjoying a night of tunes with Carolyn's band, Swift Kick!

## 7/27/25- 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.

## 7/12/25 & 7/26/25- 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. Lall!

## 7/21/25- Culinary Medicine Class @ 12pm

Held at the practice.

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

## 7/28/25- Culinary Medicine Class @ 6pm

Held at the practice.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	2 Chair Yoga <b>12-1245pm</b>	3 Book Club <u>The Museum of Ordinary People by Mike Gayle</u> <b>5-6pm</b> <b>**RSVP Required**</b>	4	5
6	7	8 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	9 Chair Yoga <b>12-1245pm</b>	10	11	12 Outdoor Yoga <b>930-1030am</b> <b>**Off-Site Event**</b>
13	14	15 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	16 Chair Yoga <b>12-1245pm</b>	17 'Swift Kick' Concert <b>6-8pm</b> <b>**Off-Site Event**</b>	18	19
20	21 Culinary Medicine <i>Patient Spot: Gnocchi</i> <b>12pm-130pm</b> <b>**RSVP Required**</b>	22 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	23 Chair Yoga <b>12-1245pm</b>	24	25	26 Outdoor Yoga <b>930-1030am</b> <b>**Off-Site Event**</b>
27 Walk With A Doc <b>10-1045am</b> <b>**Off-Site Event**</b>	28 Culinary Medicine <i>What's In Season</i> <b>6-730pm</b> <b>**RSVP Required**</b>	29 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	30 Chair Yoga <b>12-1245pm</b>	31		