

# August 2025

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

## 8/7/25- Book Club @ 5pm

Held at the practice. 'Tartufo' by Kira Jane Buxton.

## 8/10/25- 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.

## 8/25/25- Culinary Medicine Class @ 11am

Held at the practice.

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

## 8/9/25- 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!

## 8/18/25- Culinary Medicine Class @ 530pm

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
3	4	5 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	6 Chair Yoga <b>12-1245pm</b>	7 Book Club 'Tartufo' by Kira Jane Buxton <b>5-6pm</b> <b>**RSVP Required**</b>	8	9 Outdoor Yoga <b>930-1030am</b> <b>**Off-Site Event**</b>
10 Walk With A Doc <b>10-1045am</b> <b>**Off-Site Event**</b>	11	12 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	13 Chair Yoga <b>12-1245pm</b>	14	15	16
17	18 Culinary Medicine Breakfast, Lunch, Dinner <b>530pm-7pm</b> <b>**RSVP Required**</b>	19 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	20 Chair Yoga <b>12-1245pm</b>	21	22	23
24	25 Culinary Medicine Crazy Corn <b>11am-1230pm</b> <b>**RSVP Required**</b>	26 Yoga & Meditation <b>6-7am &amp; 730-830am</b>	27 Chair Yoga <b>12-1245pm</b>	28	29	30
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