

November 2025

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

11/3 & 11/24/25- Culinary Medicine Classes @ 530pm

Held at the practice.

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

11/16-11/19/25- Lifestyle Medicine Conference

The team will be in Texas for the Lifestyle Medicine conference!

Phones and telemedicine appointments will still be available for this week.

11/6/25- Book Club @ 5pm

Held at the practice. **"Remarkably Bright Creatures" by Shelby Van Pelt**

11/29/25- Walk (off the turkey) With A Doc @ 10am

Knox Farm State Park- 437 Buffalo Rd East Aurora, NY 14052

Look for the sign at the parking area!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Culinary Medicine <i>Root Veggies</i> 530pm-7pm **RSVP Required**	4 Yoga & Meditation 6-7am Chair Yoga 10-1045am	5	6 Book Club <i>'Remarkably Bright Creatures'</i> 5-6pm	7	8
9	10	11 Yoga & Meditation 6-7am Chair Yoga 10-1045am	12	13 Yoga & Meditation 530-630pm	14	15
16	17	18 Yoga & Meditation 6-7am Chair Yoga 10-1045am	19	20 Yoga & Meditation 530-630pm	21	22
23	24 Culinary Medicine <i>Grateful Bounty</i> 530pm-7pm **RSVP Required**	25 Yoga & Meditation 6-7am Chair Yoga 10-1045am	26	27 Thanksgiving 	28	29 Walk (off the turkey) With A Doc 10am **Off-Site Event**
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