

# February 2026

## Culinary Medicine Classes @ 5:30-7pm

**2/2/26: "Winter Greens" (rescheduled)- bright dishes using green veggies**

**2/9/26: "Love is in the Air"- beautiful dishes to share with loved ones**

**2/23/26: "Immune Boost"- nutrition for immune support**

Held at the practice.

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

## 2/5/26- Book Club @ 5-6pm

Held at the practice. Join us for snacks and conversation!

**"Theo of Golden" by Allen Levi**

## 2/28/26- Walk With a Doc @ 10am

West Seneca Soccer Complex

3747 Seneca St. West Seneca, NY 14224

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Culinary Medicine <i>Winter Greens</i> (rescheduled) <b>5:30-7pm</b>	Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-10:45am</b>		Book Club <i>'Theo of Golden'</i> <b>5-6pm</b>		
8	9	10	11	12	13	14
	Culinary Medicine <i>Love is in the Air</i> <b>5:30-7pm</b>	Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-10:45am</b>		Yoga & Meditation <b>5:30-6:30pm</b>		
15	16	17	18	19	20	21
		Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-10:45am</b>		Yoga & Meditation <b>5:30-6:30pm</b>		
22	23	24	25	26	27	28
	Culinary Medicine <i>Immune Boost</i> <b>5:30-7pm</b>	Yoga & Meditation <b>6-7am</b> Chair Yoga <b>10-10:45am</b>		Yoga & Meditation <b>5:30-6:30pm</b>		Walk With a Doc <b>10am</b> <i>West Seneca</i> <i>Soccer Complex</i>