

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