

# March 2026

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

**3/16/26: "Little Bites, Big Nutrition"- healthy snacks for our little ones**

**3/30/26: "Spring Forward"- fresh dishes using seasonal veggies**

Held at the practice.

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

## 3/5/26- Book Club @ 5-6pm

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

**"When the Cranes Fly South"** by Lisa Ridzén

## 3/28/26- 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 All Levels Yoga <b>6-7am</b> Chair Yoga <b>10-10:45am</b>	4	5 Book Club <i>'When the Cranes Fly South'</i> <b>5-6pm</b>	6	7
8 <b>*Dr. Lall on vacation*</b> <b>3/8/26-3/13/26</b>	9	10 All Levels Yoga <b>6-7am</b> Chair Yoga (Keaton) <b>10-10:45am</b>	11	12 Restorative Yoga <b>5:30-6:30pm</b>	13	14
15	16 Culinary Medicine <i>Little Bites, Big Nutrition</i> <b>5:30-7pm</b>	17 All Levels Yoga <b>6-7am</b> Chair Yoga <b>10-10:45am</b>	18	19 Restorative Yoga <b>5:30-6:30pm</b>	20	21
22	23	24 All Levels Yoga <b>6-7am</b> Chair Yoga <b>10-10:45am</b>	25	26 Restorative Yoga <b>5:30-6:30pm</b>	27	28 Walk with a Doc <b>10-10:30am</b> <i>West Seneca Soccer Complex</i>
29	30 Culinary Medicine <i>Spring Forward</i> <b>5:30-7pm</b>	31 All Levels Yoga <b>6-7am</b> Chair Yoga <b>10-10:45am</b>				