

August 2026

Fare | Well Book Club: 8/6/26 @ 5-6 pm

Join us for snacks and conversation!

"The Thursday Murder Club" by Richard Osman

Culinary Medicine Classes: 5:30-7 pm

8/10/26: *Prep Once, Eat All Week* – Plant-based meal prep made easy

8/24/26: *5 Course Journey to Health* – A plant-powered culinary experience

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

Fare | Well Field Trip: 8/11/25 @ 5-8 pm

Food Truck Tuesday featuring local classic rock band "Cover Me"

Larkin Square: 745 Seneca St. Buffalo, NY 14210

Walk with a Doc: 8/14/26 Meet in the Grand Foyer @ 8am

Niagara Falls Convention Center: 101 Old Falls St. Niagara Falls, NY 14303

vINNyasa Flow @ InnBuffalo: 8/22/26 @ 9:30-10:30 am

619 Lafayette Ave. Buffalo, NY 14222

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/2	3	4	5	6	7	8
		All Levels Yoga 8-9 am Chair Yoga 10-10:45 am		Book Club <i>"The Thursday Murder Club"</i> 5-6 pm		
9	10	11	12	13	14	15
	Culinary Medicine <i>"Prep Once, Eat All Week"</i> 5:30-7 pm	All Levels Yoga 8-9 am Chair Yoga 10-10:45 am Food Truck Tuesday 5-8 pm		<u>Health on the Horizon</u> <u>Conference</u> Restorative Yoga 5:30-6:30 pm	<u>Health on the Horizon</u> <u>Conference</u> Walk with a Doc <i>Niagara Falls Convention Center</i> 8-8:30 am	<u>Health on the Horizon</u> <u>Conference</u>
16	17	18	19	20	21	22
		All Levels Yoga (Dr. Lall) 8-9 am Chair Yoga 10-10:45 am		Restorative Yoga 5:30-6:30 pm		vINNyasa Flow 9:30-10:30am
23	24	25	26	27	28	29
	Culinary Medicine <i>"5 Course Journey to Health"</i> 5:30-7 pm	All Levels Yoga 8-9 am Chair Yoga 10-10:45 am		Restorative Yoga 5:30-6:30 pm		
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