

September 2026

Fare | Well Book Club: 9/3/26 @ 5-6 pm

Join us for snacks and conversation!

"The Sea Wolf" by Jack London

Culinary Medicine Classes: 5:30-7 pm

9/14/26: *Back to Basics* – building grain bowls using whole ingredients

9/28/26: *Between the Seasons* – embracing end of summer/early fall dishes

Fare | Well Field Trip: 9/10/26 @ 6-7 pm

Farm Tour at Dirt Rich Farm: 12318 Springville Boston Rd, Springville, NY 14141

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

InnBuffalo off Elmwood: 619 Lafayette Ave. Buffalo, NY 14222

Walk with a Doc: 9/27/26 @ 10-10:30 am

West Seneca Soccer Complex: 3747 Seneca St, West Seneca, NY 14224

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	2	3 Book Club <i>"The Sea Wolf"</i> 5-6 pm	4	5
6	7 LABOR DAY *OFFICE CLOSED*	8 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	9	10 Field Trip: <i>Dirt Rich Farm</i> 6-7pm	11	12
13	14 Culinary Medicine <i>"Back to Basics"</i> 5:30-7 pm	15 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	16	17 Restorative Yoga 5:30-6:30 pm	18	19
20	21	22 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	23	24 Restorative Yoga 5:30-6:30 pm	25	26 vINNyasa Flow 9:30-10:30am
27 Walk with a Doc <i>WS Soccer Complex</i> 10-10:30am	28 Culinary Medicine <i>"Between the Seasons"</i> 5:30-7 pm	29 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	30			