November 2026

***NEW TIME FOR CHAIR YOGA* 9:30-10:15am**

Fare | Well Book Club: 11/5/26 @ 5-6 pm
"Adams Morgan Fugue" by Alex Fardon

Culinary Medicine Classes: 5:30-7 pm
11/2/26: *Fall Harvest Table* – Seasonal dishes with a fresh perspective
11/16/26: *Beyond the Bird* – A healthy twist on classic Thanksgiving sides

American College of Lifestyle Medicine 2026 Conference: 11/8/26-11/11/26
Dr. Lall and Nikki will be attending the conference in Orlando, FL. We will be available via phone and for telemedicine appointments during this time.

Walk with a Doc: 11/15/26 @ 10-10:30am
West Seneca Soccer Complex, 3747 Seneca St. West Seneca, NY 14224

November Community Project: drop off non-perishable goods to donate for FeedMore WNY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Culinary Medicine *"Fall Harvest Table"* **5:30-7 pm**	3 All Levels Yoga **8-9 am** Chair Yoga **9:30-10:15am**	4	5 Book Club **5-6 pm**	6	7
8 **ACLM Conference**	9 **ACLM Conference**	10 **ACLM Conference** All Levels Yoga **8-9 am** Chair Yoga (Keaton) **9:30-10:15 am**	11 **ACLM Conference**	12 Restorative Yoga **5:30-6:30 pm**	13	14
15 Walk with a Doc **10-10:30am**	16 Culinary Medicine *"Beyond the Bird"* **5:30-7 pm**	17 All Levels Yoga **8-9 am** Chair Yoga **9:30-10:15 am**	18	19 Restorative Yoga **5:30-6:30 pm**	20	21
22	23 **Dr. Lall on Medical Leave**	24 All Levels Yoga **8-9 am** Chair Yoga (Keaton) **9:30-10:15 am**	25	26 **Happy Thanksgiving!**	27	28
29	30					