

MAHCC health & nutrition schedule

TIM RICHARDSON / COORDINATOR

JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR HOLIDAY	3 WEST Fit/Exercise 10-11am Emer. Prep 11-12 Body Functions 2-3pm Media Medicine	4 EAST 9:30am Art of Movement 11-12:00 Body Functions 2:15-3pm Hygiene	5 CENTRAL Food Bank/Storage 10-11 Healthy Thinking 11:00 Fitness STAFF MTG-PM	6 EAST/CENTRAL 9:30am Art of Movmnt 11-12 Healthy Thinking OR SCHEDLD OUTINGS 2-3pm Open Health Topic
9 CENTRAL Fit/Exercise 9-10 Emer. Prep. EVAC DRILL 11-12 Hiking Tips 2-3pm Body Talk	10 WEST Fit/Exercise 10-11am Emer. Prep EVAC DRILL 11-12 Hiking Tips 2-3pm Media Medicine	11 EAST 9:30am Art of Movement EVAC DRILL 11-12 Hiking Tips 2:15-3pm Emer. Prep	12 CENTRAL Food Bank/Storage 10-11 Healthy Thinking 11:00 Fitness STAFF MTG-PM	13 ALL CENTERS 9:30am Art of Movmnt 11-12 Healthy Thinking OR SCHEDLD OUTINGS 2-3pm Open Health Topic
16 CENTRAL Fit/Exercise 9-10 Immunizations 11-12 Stress & Relief 2-3pm Body Talk	17 WEST Fit/Exercise 10-11am- Emer. Prep 11-12 Immunization 2-3pm Media Medicine	18 EAST 9:30am Art of Movement 11-12 Immunizations 2:15-3pm Stress & Relief	19 CENTRAL Food Bank/Storage 10-11 Healthy Thinking 11:00 Fitness STAFF MTG-PM	20 EAST/CENTRAL 9:30am Art of Movmnt 11-12 Healthy Thinking OR SCHEDLD OUTINGS 2-3pm Open Health Topic
23 CENTRAL Fit/Exercise 9-10 Your Energy Systm 11-12 Bev. Choices 2-3pm Body Talk	24 WEST Fit/Exercise 10-11am Emer. Prep 11-12 Bev. Choices 2-3pm Media Medicine	25 EAST 9:30am Art of Movement 11-12 Bev. Choices 2:15-3pm Your Energy Systm	26 CENTRAL Food Bank/Storage 10-11 Healthy Thinking 11:00 Fitness STAFF MTG-PM	27 EAST/CENTRAL 9:30am Art of Movmnt 11-12 Healthy Thinking OR SCHEDLD OUTINGS 2-3pm Open Health Topic
30 CENTRAL Fit/Exercise 9-10 Body Functions 11-12 Hygiene 2-3pm Body Talk	31 WEST Fit/Exercise 10-11am Emer. Prep 11-12 Hygiene 2-3pm Media Medicine			

NOTE: Healthy Thinking- refers to various physical & mental topics such as: fats, vitamins, digestion, immunizations, meds, stress and body & emotion issues.

8am to 9/9:30am Breakfast & Check-In at All Centers