

# March Clinic Events New Horizon Medical

**2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Yoga 9 & 10 AM
6	7	8	9 Group Ex 2 Patient Max 30 Minutes 9 AM & 10 AM	10 Group Ex 2 Patient Max 30 Minutes 8 AM & 10 AM	11	12 Barre 9 & 10 AM
13	14	15	16 Group Ex 2 Patient Max 30 Minutes 9 AM & 10 AM	17 Cooking w/ Erin 5:30 PM "Celebrate A World of Flavors"	18	19 Body Pump 9 & 10 AM
20	21	22	23 Group Ex 2 Patient Max 30 Minutes 9 AM & 10 AM	24 Megan's Behavior Group 5:30 PM "Managing Meals Meaningfully"	25 10 AM Google Meet Lifestyle Medicine w/ Dr. Humayon How to Maintain a Behavior Change	26 Yoga 9 & 10 AM
27	28	29	30 Group Ex 2 Patient Max 30 Minutes 9 AM & 10 AM	31 Group Ex 2 Patient Max 30 Minutes 8 AM & 10 AM		

