








NOVEMBER 2024

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www.Wellness-House.org info@wellness-house.org www.Facebook.com/WellnessHouse

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Little Wings Pregnancy Loss Support 12:00 p.m. Trauma Support 12:00 p.m. Caregiver Support 2:00 p.m.	2
3 Empowered Women's Group 12:00 p.m. Hands That Heal 10:00 a.m.-3:00 p.m. Healing Threads 1:00 p.m. Lymphatic and Stretching Flow Chair Class 3:15 p.m. Lymphatic and Stretching Flow Mat Class 4:15 p.m. Young Women's CANcer Support 5:00 p.m.	4	5 Hands That Heal 10:00 a.m.-3:00 p.m. Multicare Bereavement Group 11:00 a.m. Bereavement Support 12:00 p.m. Finding Joy Support Group 1:00 p.m.	6	7 Empowerment Through Pain 1:00 p.m. Co-Ed Cancer Support 5:00 p.m. RSVP	8 Little Wings Pregnancy Loss Support 12:00 p.m. Trauma Support 12:00 p.m.	9
10 CLOSED	11 	12 Hands That Heal 10:00 a.m.-3:00 p.m. Multicare Bereavement Group 11:00 a.m. Bereavement Support 12:00 p.m. Finding Joy Support Group 1:00 p.m.	13 Ostomy Group 10:00 am- 11:00 am	14 Multicare Bereavement 5:00 pm - 7:00 pm. YOUTH Art Outside The Box 5:00 p.m. RSVP	15 Little Wings Pregnancy Loss Support 12:00 p.m. Trauma Support 12:00 p.m. Caregiver Support 2:00 p.m.	16
17 Empowered Women's Group 12:00 p.m. Hands That Heal 10:00 a.m.-3:00 p.m. Healing Threads 1:00 p.m. Lymphatic and Stretching Flow Chair Class 3:15 p.m.	18	19 Hands That Heal 10:00 a.m.-3:00 p.m. Multicare Bereavement Group 11:00 a.m. Bereavement Support 12:00 p.m. Finding Joy Support Group 1:00 p.m.	20	21 Lymphatic and Stretching Flow Mat Class 11:15 a.m. Women Supporting Women 12:00 p.m. Young Women's CANcer Support 12:00 p.m. Fundraiser 50 % of proceeds to Wellness House 	22 Little Wings Pregnancy Loss Support 12:00 p.m. Trauma Support 12:00 p.m.  Culinary Medicine Demo 2:00 p.m. Please RSVP	23
24 Empowered Women's Group 12:00 p.m. Hands That Heal 10:00 a.m.-3:00 p.m. Healing Threads 1:00 p.m.	25	26 Hands That Heal 10:00 a.m.-3:00 p.m. Bereavement Support 12:00 p.m. Finding Joy Support Group 1:00 p.m.	27	28 CLOSED HAPPY THANKSGIVING DAY! 	29 CLOSED 	30