

# October 2020



ALL EVENTS  
ARE FREE AND  
ONLINE

TODOS LOS  
EVENTOS  
SON  
GRATUITOS  
Y POR  
ZOOM.  
HAGA CLIC  
EN EL  
ENLACE

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2	3
<b>9:00 AM</b> <u>Gentle Yoga with Delphine</u> <b>4</b>	<b>6 PM</b> <u>Healthy Communication Panel in English</u> <b>5</b>	<b>6</b>	<b>7</b>	<b>5:30 PM</b> <u>At One Restorative Yoga Class</u> <b>8</b>	<b>9</b>	<b>11 AM</b> <u>Toddler and Parents Exercise Class with Kassie Hayes</u> <b>10</b>
<b>9:00 AM</b> <u>Gentle Yoga with Delphine</u> <b>11</b>	<b>6 PM</b> <u>Comunicación Saludable, en español</u> <b>12</b>	<b>13</b>	<b>14</b>	<b>6 PM</b> <u>Nurturing the Nature of Comfort and Health with John Worthington, RN</u> <b>15</b>	<b>16</b>	<b>11 AM</b> <u>Gymnastics for "Big Kids" with Kassie Hayes</u> <b>17</b>
<b>9:00 AM</b> <u>Gentle Yoga with Delphine</u> <b>18</b>	<b>6 PM</b> <u>Raising Healthy Men Panel in English</u> <b>19</b>	<b>20</b>	<b>6 PM</b> <u>Community Resiliency Model Training with Jade Aldrich</u> <b>21</b>	<b>6 PM</b> <u>Movement for Well Being with Madeline Hurst</u> <b>22</b>	<b>23</b>	<b>24</b>
<b>9:00 AM</b> <u>Gentle Yoga with Delphine</u> <b>25</b>	<b>6 PM</b> <u>Criando Hombres Saludables, en español</u> <b>26</b>	<b>27</b>	<b>6 PM</b> <u>Relaxation and Regulation in Spanish with Magdalena Weinstein</u> <b>28</b>	<b>6 PM</b> <u>Intro to Polyvagal theory with Magdalena Weinstein</u> <b>29</b>	<b>30</b>	<b>31</b>

