

August 2018

PCMH+ Class Schedule

21 Grand St. Hartford, CT 06106

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Zumba Gold 12p-1p	2	3	
5	6 Food Share Mobile/ Salvation Army 8:45a-9:30a FLYY FITNESS!! Zumba and Mindfulness 11a-12p	7 Group Walk (Pope Park) 11a-12p	8 Zumba Gold 12p-1p Weight Management/SNAP Education 1p-2p	9 Healing, Stretching and Aromatherapy Class 11a-12p	10 Diabetes Drop-In 11a-12p	
12	13 FLYY FITNESS!! Zumba and Mindfulness 11a-12p	14 Charter Oak Health Center BLOCK PARTY!! 10a-3p	15 Zumba Gold 12p-1p Weight Management/SNAP Education 1p-2p	16 Healing, Stretching and Aromatherapy Class 11a-12p	17 Diabetes Drop-In 11a-12p	
19	20 Food Share Mobile/ Salvation Army 8:45a-9:30a AID A PET - 35 Grand Street 10a-12p FLYY FITNESS!! Zumba and Mindfulness 11a-12p	21 Group Walk (Pope Park) 11a-12p	22 Perfect Portions 11a-12p	23 Healing, Stretching and Aromatherapy Class 11a-12p High Blood Pressure Education Series 11:30a-1p	24	
26	27 FLYY FITNESS!! Zumba and Mindfulness 11a-12p	28 Group Walk (Pope Park) 11a-12p	29	30 Healing, Stretching and Aromatherapy Class 11a-12p High Blood Pressure Education Series 11:30a-1p	31 Paint Class 11a-2p	

Fresh Produce/Hartford Mobile Market 2p-4p every Monday in front of Charter Oak Health Center