

# January Alumni & Discovery Classes

Class begins at:	Monday	Tuesday	Wednesday	Thursday	Friday
	1/6	1/7	1/8	1/9	1/10
9:00	Move to Soothe	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Financial Dimension	Dance of Wellness or Digging Wellness
10:00	Cooking Skills	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Occupational Dimension of Wellness & Lunch	Nutrition & Lunch	Wellness Workout & Lunch	Wellness Workout & Lunch	Tool Time & Lunch
1:00	Health Ed	SMART		Spiritual Dimension	SPA & Social Activity
2:00	Computer Skills	Social Activity		Computer Skills	Art of Wellness
	1/13	1/14	1/15	1/16	1/17
9:00	Coffee Talk				
10:00	Move to Soothe				
11:00	Occupational Dimension of Wellness & Lunch				
1:00	Health Ed				
2:00	Computer Skills				
	1/20	1/21	1/22	1/23	1/24
9:00		9:15 Nutrition	Temporal Flux or Move to Soothe	Financial Dimension	Dance of Wellness or Digging Wellness
10:00		Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00		Wellness Workout & Lunch	Wellness Workout & Lunch	Wellness Workout & Lunch	Tool Time & Lunch
1:00		SMART		Spiritual Dimension	SPA & Social Activity
2:00		Social Activity		Computer Skills	Art of Wellness
	1/27	1/28	1/29	1/30	1/31
9:00	Coffee Talk	9:15 Nutrition	Temporal Flux or Move to Soothe	Financial Dimension	Dance of Wellness or Digging Wellness
10:00	Move to Soothe	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Occupational Dimension & Lunch	Wellness Workout & Lunch	Wellness Workout & Lunch	Wellness Workout & Lunch	Tool Time & Lunch
1:00	Health Ed	SMART		Spiritual Dimension	SPA & Social Activity
2:00	Computer Skills	Social Activity		Computer Skills	Art of Wellness

All activities are at Camp Wellness unless otherwise noted. Building hours are 8:30-3:30 Monday-Friday/Wednesdays 8:30-1:30. Schedule is subject to change. Located at 1030 N. Alvernon Way Tucson, AZ 85711, ph#520-621-7473, [www.campwellness.org](http://www.campwellness.org)



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