



Life House September 2020

Wellness Center Life House
805-464-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Currently, most groups offered are Virtual Only.</p> <p>Please call for login information or to sign up as a new member.</p>	<p>1 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 am The Morning Buzz</p> <p>12:00-1:00 pm Women's Group</p>	<p>2 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 Music Sharing</p> <p>12:00-1:00 Beginning Yoga</p> <p>2:30-3:30 Grief Support</p>	<p>3 <u>VIRTUAL GROUPS</u></p> <p>1:00-12:00 pm PTSD Support Group</p> <p>12:30-1:30 LifeHacks 4 Wellness</p> <p>2:00-3:00pm Managing Anxiety</p>	<p>4 <u>VIRTUAL GROUPS</u></p> <p>12:00-1:00 pm One 2 One Tech Tips with Brandy</p> <p>1:30-2:30pm 'Lift Now' Support</p>
<p>7</p> <p>LABOR DAY!! Center Closed</p>	<p>8 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 am The Morning Buzz</p> <p>12:00-1:00 pm Women's Group</p> <p>1:30-2:30 October Calendar Planning</p>	<p>9 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 Music Sharing</p> <p>11:00-12:00 Reiki</p> <p>2:30-3:30 Grief Support</p>	<p>10 <u>VIRTUAL GROUPS</u></p> <p>1:00-12:00 pm PTSD Support Group</p> <p>12:30-1:30 LifeHacks 4 Wellness</p> <p>2:00-3:00pm Managing Anxiety</p>	<p>11 <u>VIRTUAL GROUPS</u></p> <p>12:00-1:00 pm One 2 One Tech Tips with Brandy</p> <p>1:30-2:30pm 'Lift Now' Support</p>
<p>14</p> <p>10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>15 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 am The Morning Buzz</p> <p>12:00-1:00 pm Women's Group</p>	<p>16 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 Music Sharing</p> <p>12:00-1:00 Beginning Yoga</p> <p>2:30-3:30 Grief Support</p>	<p>17 <u>VIRTUAL GROUPS</u></p> <p>1:00-12:00 pm PTSD Support Group</p> <p>12:30-1:30 LifeHacks 4 Wellness</p> <p>2:00-3:00pm Managing Anxiety</p>	<p>18 <u>VIRTUAL GROUPS</u></p> <p>12:00-1:00 pm One 2 One Tech Tips with Brandy</p> <p>1:30-2:30pm 'Lift Now' Support</p>
<p>21</p> <p>10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p> <p>6:30-8:00pm NAMI Family Support</p>	<p>22 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 am The Morning Buzz</p> <p>12:00-1:00 pm Women's Group</p>	<p>23 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 Music Sharing</p> <p>11:00-12:00 Reiki</p> <p>2:30-3:30 Grief Support</p>	<p>24 <u>VIRTUAL GROUPS</u></p> <p>1:00-12:00 pm PTSD Support Group</p> <p>12:30-1:30 LifeHacks 4 Wellness</p> <p>2:00-3:00pm Managing Anxiety</p>	<p>25 <u>VIRTUAL GROUPS</u></p> <p>12:00-1:00 pm One 2 One Tech Tips with Brandy</p> <p>1:30-2:30pm 'Lift Now' Support</p>
<p>28</p> <p>10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>29 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 am The Morning Buzz</p> <p>12:00-1:00 pm Women's Group</p>	<p>30 <u>VIRTUAL GROUPS</u></p> <p>10:00-11:00 Music Sharing</p> <p>12:00-1:00 Beginning Yoga</p> <p>2:30-3:30 Grief Support</p>	<p>Re-Opening Procedures-Members & Employees will be required to wash/sanitize their hands and wear a mask while at the center. All members attending In- Person or Virtual Groups are required to register as a member to participate.</p>	<p>Members and Employees will be required to follow social distancing guidelines while at the center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.</p>