



# August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Class 11a-12:15p	2 Chair yoga 11a Mat yoga 12p	3	4
5 Class 11a-12:15p Lunch & Learn @ Community	6 Class 11a-12:15p	7 Class 11a-12:15p	8 Class 11a-12:15p(sp)	9 Chair yoga 11a Mat yoga 12p	10	11
12 Class 11a-12:15p(sp) Guest speaker Colleen Page	13 Class 11a-12:15p	14 Class 11a-12:15p	15 Class 11a-12:15p	16 Chair yoga 11a Mat yoga 12p	17	18
19 Class 11a-12:15p	20 Class 11a-12:15p	21 Class 11a-12:15p	22 Class 11a-12:15p(sp)	23 Chair yoga 11a Mat yoga 12p	24	25
26 Class 11a-12:15p(sp) No Caregiver Support Group	27 Class 11a-12:15p	28 Class 11a-12:15p Support Group	29 Class 11a-12:15p	30 Chair yoga 11a Mat yoga 12p	31	

## EVENTS

### Lunch and Learn about Off Periods and PD

Please rsvp and join us for an educational lunch on off periods and a new drug available to treat them. Questions? Call Kim @ 317-753-3823

### Aug. 12

Please join us at Jagers after class for our Dine to Donate. Jagers will give 25% of proceeds back to IPF. Thank you for your support.

### Aug. 28th

Support Group: Open discussion! Please join us as we come together to discuss our current questions, concerns and more.