



336.818.1909

1907 West Park Drive  
N. Wilkesboro, NC

Facebook Live

Youtube Live

In Person @ R3

Wilkesboro Commons

Wilkes Art Gallery

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		#TogetherTuesdays ALFA HIV/Hep C Testing 12p,-3pm 1	#Wellness Wednesday 2	#ThankfulThursday 3	#Freedom Friday 4	Yoga for Wellness 10AM-11AM LIVE on our Facebook 5
6	#MotivationalMonday 7	#TogetherTuesdays 8	#Wellness Wednesday Yoga for Wellness 10AM-10:30AM LIVE on our Facebook Just for Today Clay Class from 5pm-6:45pm YPR - Young People in Recovery @ 7pm 9	#ThankfulThursday 10	#Freedom Friday Born Again Spiritual Recovery 7pm-9pm 11	Yoga for Wellness 30-minutes at 10am LIVE on Facebook 12
13	#MotivationalMonday 14	#TogetherTuesdays 15	#Wellness Wednesday Just for Today Clay Class from 5pm-6:45pm YPR - Young People in Recovery @ 7pm 16	#Thankful Thursday Purses with a Purpose 11:00am-1:00pm 17	#Freedom Friday Born Again Spiritual Recovery 7pm-9pm 18	Yoga for Wellness 10AM-10:30AM LIVE on our Facebook 19
20	#MotivationalMonday 21	#TogetherTuesdays 22	#Wellness Wednesday Just for Today Clay Class from 5pm-6:45pm YPR - Young People in Recovery @ 7pm 23	#ThankfulThursday 24	#FreedomFriday Born Again Spiritual Recovery 7pm-9pm 25	Yoga for Wellness 10-AM-12PM LIVE on our Facebook 26
27	#MotivationalMonday 28	#TogetherTuesdays 29	#Wellness Wednesday Just for Today Clay Class from 5pm-6:45pm YPR - Young People in Recovery @ 7pm 30	Every Ending is a New Beginning Year-End Giving Campaign		

