



AUGUST 2025

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For more information contact:
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Free Drop-in Free - Grant funded Paid					01	02
03 Summer Yoga Series 9:00am - 10:30am (Free by Registration)	04	05	06 Frequency of Healing 6:00pm - 7:00pm (Free by Registration)	07 Grounding Summer Series 6:00pm - 7:30pm (Free by Registration)	08	09
10 Summer Yoga Series 9:00am - 10:30am (Free by Registration)	11 Golden Hour Meditation 6:00pm - 7:00pm (Free by Registration)	12	13 Acupuncture for Trauma Women's Program 7:00pm - 8:00pm (Free by Registration)	14 Women's Recovery Dinner 5:30pm - 7:30pm (Free by Registration)	15	16
17 Summer Yoga Series 9:00am - 10:30am (Free by Registration)	18	19	20	21 Grounding Summer Series 6:00pm - 7:30pm (Free by Registration)	22	23
24	25	26	27	28	29	30 31