

May 2024 Calendar - JPH at Ferry Hill

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga Nidra 7:00p - 8:00p (Free by registration)	2 Women's Recovery 7:00p (Free by donation)	3	4 Cinco on the Cuatro 5:30pm - 9:30pm (Paid by registration)
5	6 Mother's Exhaustion 7:00p - 8:00p (Paid by registration)	7	8 Acupuncture for Trauma 7:00p - 8:00p (Free by registration)	9 Women's Recovery 7:00p (Free by donation)	10	11 Gentle Yoga 10:00am - 11:30am (Paid by registration)
12	13 Community Meditation 7:00p - 8:00p (Free by donation)	14	15 Recharge Caregiver's Fatigue & Burnout Prevention 6:00p-7:30p (Free by registration)	16 Women's Recovery 7:00p (Free by donation)	17	18
19	20 Sound Collective 6:30p - 8:00p (Free by donation)	21 An Expression of Grief 7:00-8:00p (Free by registration)	22	23 Women's Recovery 7:00p (Free by donation)	24	25
26	27	28 Open Art Studio 6:30-8:00p (Free by donation)	29 Acupuncture for Trauma 7:00p - 8:00p (Free by registration)	30 Women's Recovery 7:00p (Free by donation)	31	