

# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>NEW YEAR'S DAY OBSERVED</b> <b>FACILITY CLOSED</b></p> 	<p>3</p> <p><i>Don't Gain Just Maintain</i> Wt Out Wellness Clinic 0800-1600</p> <p><i>Relax in &lt;30 Min</i> Wellness Classroom 1515-1545</p>	<p>4</p> <p><i>Counting Down Cholesterol</i> Wellness Classroom 0900-1015</p> <p><i>Alzheimer's Caregiver</i> Support Group Wellness Classroom 1130-1230</p> <p><i>Don't Gain Just Maintain</i> Wt Out Wellness Clinic 1100-1600</p>	<p>5</p> <p><b>ROUTINE TRAINING DAY</b> <b>FAHC CLOSES</b> <b>@ 1130</b></p>	<p>6</p> <p><i>Welcome to Readiness</i> Wellness Classroom 0830-1000</p> <p><i>Don't Gain Just Maintain</i> Wt Out Wellness Clinic 1100-1600</p>
<p>9</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>10</p>	<p>11</p> <p><i>Scale Back Alabama</i> Wt Ins Wellness Clinic 0800-1630</p> <p><i>Sleep Hygiene Class</i> Wellness Classroom 1100-1200</p>	<p>12</p> <p><b>Lunch &amp; Learn</b> <b>Cervical Health</b> <b>Fox Den</b> <b>1200-1300</b></p> <p><i>Scale Back Alabama</i> Wt Ins Wellness Clinic 0800-1630</p>	<p>13</p> <p><i>Welcome to Readiness</i> Wellness Classroom 0830-1000</p> <p><i>Scale Back Alabama</i> Wt Ins Wellness Clinic 1300-1600</p>
<p>16</p> <p><b>MARTIN LUTHER KING DAY</b> <b>FACILITY CLOSED</b></p> 	<p>17</p> <p><i>Scale Back Alabama</i> Wt Ins Wellness Clinic 0800-1630</p> <p><i>Tobacco Cessation Class</i> Wellness Classroom 1130-1230</p> <p><i>Relax in &lt;30 Min</i> Wellness Classroom 1515-1545</p>	<p>18</p> <p><i>Weight Management Class</i> Wellness Classroom 0900-1015</p> <p><i>Scale Back Alabama</i> Wt Ins Wellness Clinic 1100-1600</p>	<p>19</p> <p><i>Diabetes Seminar</i> Wellness Classroom 0745-1600</p> <p><i>Winning with Wellness</i> Registration Wellness Clinic 1300-1600</p>	<p>20</p> <p><i>Welcome to Readiness</i> Wellness Classroom 0830-1000</p>
<p>23</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>24</p> <p><i>Tobacco Cessation Class</i> Wellness Classroom 1130-1230</p> <p><i>Sleep Hygiene Class</i> Wellness Classroom 1400-1500</p>	<p>25</p>	<p>26</p> <p><b>Lunch &amp; Learn</b> <b>Thyroid Health</b> <b>Wellness Classroom</b> <b>1200-1300</b></p> <p><i>Winning with Wellness</i> Registration Wellness Clinic 1300-1600</p>	<p>27</p> <p><i>Welcome to Readiness</i> Wellness Classroom 0830-1000</p>
<p>30</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>31</p> <p><i>Tobacco Cessation Class</i> Wellness Classroom 1130-1230</p> <p><i>Relax in &lt;30 Min</i> Wellness Classroom 1515-1545</p>			