

HEALTHY DIRECTIONS: SUPPORTING YOU THROUGH LIFE AND LOSS
FEBRUARY 2018 PROGRAM GUIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Family Day - Office Closed	20 (Onsite Group) Managing Your Anxiety Register now for March group	21 ☆ NEW ☆ Exploring Dating After the Loss... Register now for April online group	22 SEED (Simple Easy Every Day)™ Meditation Classes Register now for March class	23	24
25	26	27	28			

HEALTHY DIRECTIONS: SUPPORTING YOU THROUGH LIFE AND LOSS
MARCH 2018 PROGRAM GUIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Managing Your Anxiety (Onsite Group)	15	16 Meditation for Your Grief Register now for April class	17
18	19	20	21 Managing Your Anxiety (Onsite Group)	22 SEED (Simple Easy Every Day)™ Meditation Classes (5:30 PM - 6:30 PM)	23	24
25	26	27	28 Managing Your Anxiety (Onsite Group)	29 SEED (Simple Easy Every Day)™ Meditation Classes (5:30 PM - 6:30 PM)	30 Good Friday	31

**HEALTHY DIRECTIONS: SUPPORTING YOU THROUGH LIFE AND LOSS
APRIL 2018 PROGRAM GUIDE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Sunday	2 Easter Monday	3	4 Managing Your Anxiety (Onsite Group)	5 SEED (Simple Easy Every Day)™ Meditation Classes (5:30 PM - 6:30 PM)	6	7
8	9	10	11 Managing Your Anxiety (Onsite Group)	12 SEED (Simple Easy Every Day)™ Meditation Classes (5:30 PM - 6:30 PM)	13	14
15	16	17	18 Managing Your Anxiety (Onsite Group)	19 Exploring Dating After the Loss of a Partner or Spouse (Online Group)	20	21
22	23	24	25	26 Exploring Dating After the Loss of Partner or Spouse (Online Group)	27 Meditation for Your Grief	28
29	30	 <p>226B, 259 Midpark Way SE, Calgary AB T2X 1M2 / 403-608-4240 www.healthy-directions.ca / info@healthy-directions.ca</p>				

HEALTHY DIRECTIONS: SUPPORTING YOU THROUGH LIFE AND LOSS
MAY 2018 PROGRAM GUIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Exploring Dating After the Loss of a Partner or Spouse (Online Group)	4 Meditation for Your Grief	5
6	7	8	9	10 Exploring Dating After the Loss of a Partner or Spouse (Online Group)	11 Meditation for Your Grief	12
13	14	15	16	17	18 ☆☆☆ <i>Meditation for Your Grief. This week's class rescheduled to June 8th.</i>	19
20	21 Victoria Day	22	23	24	25 Meditation for Your Grief	25
27	28	29	30	31		

HEALTHY DIRECTIONS: SUPPORTING YOU THROUGH LIFE AND LOSS
JUNE 2018 PROGRAM GUIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meditation for Your Grief	2
3	4	5	6	7	8 Meditation for Your Grief	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30