



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
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<h1>August 2014</h1>				
4 8:30a, 9:30a & 12:30p Fat Counts Room 2 6:00p Prediabetes Room 1	5 6:30p Smoking Cessation Support Group Patewood	6	7 1:00p Grocery Store Tour Publix, McAlister Square	8
11 8:30a , 9:30a & 12:30p Salt Sense Room 2 6:00p Diabetes Support Group Room 1	12 6:30p Smoking Cessation Support Group Patewood	13 8:30a & 12:30p Stress Management Room 2	14	15 10:30a QuitWell 101 Room 1 12:30 Know Your Numbers Room 1
18 8:30a, 9:30a & 12:30p More Than Fat Room 2	19 6:30p Smoking Cessation Support Group Patewood	20	21 10:00a Grocery Store Tour Publix, McAlister Square	22 8:30a & 9:30a Know Your Numbers Room 1 1:00p Diabetes 101 Room 1
25 8:30a, 9:30a & 12:30p The Metabolic Syndrome Room 2	26 6:30p Smoking Cessation Support Group Patewood	27 8:30a & 12:30p Exercise Rx Room 2	28	29