



APRIL 2018

1503 Fourth Street NW, Albuquerque NM 87102
 1-844-366-2472
 Monday-Friday 8:30a-3:30p



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 11:00a-12:30p Alternative Behavior Strategies w/ Michael Langford	3	4 11am-1pm Retrain Your Brain - Gentle Chair Yoga	5	6	7 
8	9 11:00a-12:30p Alternative Behavior Strategies w/ Michael Langford	10	11 11am-1pm Retrain Your Brain	12	13 	14
15 	16 11:00a-12:30p Alternative Behavior Strategies w/ Michael Langford	17 1p-2p Budgeting Basics 	18 11am-1pm Retrain Your Brain	19	20	21
22	23 11:00a-12:30p Alternative Behavior Strategies w/ Michael Langford	24	25 11am-1pm Retrain Your Brain 	26 Take Your Daughter or Son to Work Day 	27	28
29	30 11:00a-12:30p Alternative Behavior Strategies w/ Michael Langford					 <small>Jon Kabat-Zinn</small>