



February 2019

1503 Fourth Street NW Albuquerque NM 87102

Call 1-844-366-2472

Open Monday-Friday 8:30am– 3:30pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2 Happy Groundhog Day!
3 Super Bowl Sunday	4	5 	6 11am-1pm Retrain Your Brain 12-1p gentle chair Yoga w/ Stephanie	7	8	9
10	11 11:00a-12:30p Alternative Behavior Strategies 12:30-1:30 Paint & Coffee Hour	12	13 11am-1pm Retrain Your Brain	14 	15	16
17	18 	19	20 11am-1pm Retrain Your Brain 1-2p Healthy Me w/ Kim the ARCA Rn	21	22	23
24	25	26	27 11am-1pm Retrain Your Brain 1p-2p Mindfulness w/ Budd Berkman	28		