

# May 2019

1503 Fourth Street NW, Albuquerque NM 87102

Call 1-844-366-2472

Hours of operation: Monday thru Friday 8:30am -3:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			 <p>1 11am-1pm Retrain Your Brain - Gentle Chair Yoga</p>			
<p>5</p> 	<p>6</p> <p>11:00am-1:00pm The Brain Box Series Hosted by Crystal</p>	<p>7</p> 	<p>8</p> <p>11am-1pm Retrain Your Brain</p>			
<p>12</p> 	<p>13</p> <p>11:00am-1:00pm The Brain Box Series Hosted by Crystal</p>		<p>15</p> <p>11am-1pm Retrain Your Brain</p>		<p>17</p> 	<p>18</p> 
	<p>20</p> <p>11:00a-12:30p Alternative Behavior Strategies 12:30-1:30 Paint &amp; Coffee Hour</p>		<p>22</p> <p>11am-1pm Retrain Your Brain 1pm -3pm <i>Embracing Adversity</i> with Steve Roybal</p>			
	<p>27</p>   <p><small>shutterstock - 133116081</small></p>		<p>29</p> <p>11am-1pm Retrain Your Brain</p>		<p>31</p>  <p><small>shutterstock - 427762912</small></p>	