

# May 2018

	<b>Tuesday May 1</b> 10am-4pm Peer Support 10am-11am Yoga 10:15-11:15 Aquafit Therapy 1pm-4pm Reiki 2pm - 3pm Bosom Buddies 6:30-8pm Caregivers Support Group	<b>Wednesday May 2</b> 10am-4pm Peer Support 10:30 - 12:00 Meditation 11:00 - 12:00 Tai Chi 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 Patient Support Group 2:30 - 3:30 Yoga	<b>Thursday May 3</b> 10am-4pm Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm Powerful Tools for Caregivers 6:45 - 7:45 pm Yoga	<b>Friday May 4</b> 10am-4pm Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong	<b>Saturday May 5</b> Centre Closed
	<b>Monday May 7</b> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10am-4pm Peer Support 1:00 - 3:15 Reiki 6:30 - 8pm Bereavement	<b>Tuesday May 8</b> <b>Centre Closed</b> Wellspring System Performance Review	<b>Wednesday May 9</b> 10am-4pm Peer Support 10:30 - 12:00 Meditation 11:00 - 12:00 Tai Chi 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 PSG 2:30 - 3:30 Yoga 7:00 - 9:00 pm Look Good Feel Better	<b>Thursday May 10</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm PTC 6:45 - 7:45 pm Yoga	<b>Friday May 11</b> 10am-4pm Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong
<b>Monday May 14</b> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10:00 - 4:00 Peer Support 1:00 - 3:15 Reiki 6:30 - 8pm Bereavement	<b>Tuesday May 15</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies	<b>Wednesday May 16</b> 10:00 - 4:00 Peer Support 10:00 - 12:00 Look Good Feel Better 10:30 - 12:00 Meditation 11:00 - 12:00 Tai Chi 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 PSG 2:30 - 3:30 Yoga 6:00 - 7:30 Drumming	<b>Thursday May 17</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:30 - 8pm PTC 6:45 - 7:45 pm Yoga	<b>Friday May 18</b> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong	<b>Saturday May 19</b> Centre Closed
<b>Monday May 21</b> Centre Closed Victoria Day 	<b>Tuesday May 22</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies	<b>Wednesday May 23</b> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 11:00 - 12:00 Tai Chi 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 PSG 2:30 - 3:30 Yoga	<b>Thursday May 24</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:45 - 7:45 pm Yoga	<b>Friday May 25</b> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 1:15 - 2:15 Qi Gong	<b>Saturday May 26</b> Centre Closed
<b>Monday May 28</b> 9:30 - 10:30 Cancer Exercise 9:45 - 12:45 Therapeutic Touch 10:00 - 4:00 Peer Support 1:00 - 3:15 Reiki	<b>Tuesday May 29</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 1:00 - 4:00 Reiki 2:00 - 3:30 Bosom Buddies	<b>Wednesday May 30</b> 10:00 - 4:00 Peer Support 10:30 - 12:00 Meditation 11:00 - 12:00 Tai Chi 12:45 - 3:45 Therapeutic Touch 1:30 - 3:00 PSG 2:30 - 3:30 Yoga	<b>Thursday May 31</b> 10:00 - 4:00 Peer Support 10:00 - 11:00 Yoga 10:15-11:15 Aquafit Therapy 11:15 - 12:45 Art Therapy 1:00 - 3:15 Reiki 6:15 - 8:30 pm Reiki 6:45 - 7:45 pm Yoga	<b>Program Legend:</b> Black = Drop in Programs Blue = Appointment Programs Green = Registered Programs 519.438.7379 <a href="http://www.wellspringlondon.ca">www.wellspringlondon.ca</a>	