

September 2010 Septembre

lundi/Monday	mardi/Tuesday	mercredi/Wednesday	jeudi/Thursday	vendredi/Friday	samedi/Saturday
<p>* —</p>  <p>WICWC.ORG</p>	<p>514-695-9355 BN 85521 2221 RR001</p> <p>ouveaux programme/ new programs</p>	<p>1 <u>Club de jardin/garden club</u> 9:15 <u>Reflexology</u>: 13:00, 14:20, & 15:40</p>	<p>2 <u>Toucher thérapeutique</u>: with Monique: 10 :00, 11:00, 12:00 , & 13 00</p>	<p>3 <u>Yoga and Meditation</u> With Karmel : 9 :00 <u>Reiki with Elizabeth</u> 9 :15 & 10 :30 <u>Ask the Nurse</u> 10 :00-13 :00 <u>Salle d'exercice avec entraîneur</u> (sur demande): 10 :15 - 14 :30</p>	<p>4</p>
<p>6</p> <p>Ferme/ Closed Labor Day</p>	<p>7 <u>Reiki with Celyne</u> 10:00 & 11:00 <u>Journal writing for wellness:(eng)</u> 14:00</p>	<p>8 <u>Club de jardin/garden club</u> 9:15 <u>Expression d'art</u> 13:00 Bibliothèque ouvert: 13:00 <u>Reflexology</u>: 13:00, 14:20, & 15:40</p>	<p>9 <u>Meditation with Neil</u> 10 :00 <u>Toucher thérapeutique</u>: with Monique: 10:00, 11:00, 12:00, &13:00</p>	<p>10 <u>Yoga and Meditation</u> with Karmel: 9:00 <u>Reiki with Elizabeth</u> 9 :15 &10 :30 <u>Ask the Nurse</u> 10 :00-13 :00 <u>Salle d'exercice avec entraîneur</u> (sur demande): 10 :15- 14 :30 <u>Nutritional Cooking</u> 11 :00</p>	<p>11 <u>Integrated Energy Therapy</u>: 10:00 <u>Thérapie d'énergie d'intégration</u>:11:00</p>
<p>13 <u>Reiki</u>:with Lise: 10 :00 ,11:15 <u>Yoga with Bilyana</u> 13 :00 <u>Caregivers group (english)</u> 19:00- 20:30 (1 of 5)</p>	<p>14 <u>Reiki with Celyne</u> 10:00 & 11:00 <u>Peer Support Group</u> 10:00 With Michelle: 13:00 & 14:00 <u>Journal writing for wellness:(eng)</u> 14:00</p>	<p>15 <u>Club de jardin/garden club</u> 9:15 <u>Yoga Nidra</u> with Barbara 10:30 <u>Expression d'art</u> 13:00 <u>Reflexology</u> 13:00, 14:20, &15:40 <u>Community discussion-Open to Friends and Caregivers</u> Topic CANCER TALK; "Worried about Saying the Wrong Thing?"19:00-20:30</p>	<p>16 <u>Meditation with Neil</u>: 10 :00 <u>Toucher thérapeutique</u>: with Monique 10 :00, 11:00,12 00, & 13:00</p>	<p>17 <u>Yoga and Meditation</u> with Karmel ; 9 :00 <u>Reiki with Elizabeth</u> 9 :15 & 10 :30 <u>Ask the Nurse</u> 10 :00-13 :00 <u>Salle d'exercice avec entraîneur</u> (sur demande): 10 :15 - 14 :30</p>	<p>18</p>
<p>20</p> <p>Golf Tournament Fundraiser</p>	<p>21 <u>Reiki with Celyne</u>: 10:00 & 11:00 <u>Toucher Thérapeutique</u> With Michelle 13:00 & 14:00 <u>Journal writing for wellness: (eng)</u> 14:00</p>	<p>22 <u>Club de jardin/garden club</u>: 9:15 <u>Chair Yoga</u> with Barbara 10:30 <u>Expression d'art</u> 13:00 & 14:00 Bibliothèque ouvert: 13:00 - 15:00 <u>Reflexology</u>: 13:00, 14:20, &15:40</p>	<p>23 <u>Meditation with Neil</u>: 10 :00 <u>Toucher thérapeutique</u>: with Monique 10 :00, 11:00, 12 00, & 13:00</p>	<p>24 <u>Yoga and Meditation</u> with Karmel 9 :00 <u>Reiki with Elizabeth</u> : 9 :15 & 10 :30 <u>Ask the Nurse</u>:10 :00-13 :00 <u>Salle d'exercice avec entraîneur</u> (sur demande):10 :15 - 14 :30 <u>Nutritional Cooking</u> 11 :00-13 :00</p>	<p>25 <u>Qigong</u> 10 :00 <u>Integrated Energy Therapy</u>: 10:00 <u>Thérapie d'énergie d'intégration</u> 11:00</p>

<p>27 <u>Reiki:</u> with Lise 10 :00 &11 :15 <u>Yoga with Bilyana</u> 13 :00 <u>Caregivers group (english)</u> 19:00 to 20:30 (2 of 5)</p>	<p>28 <u>Peer Support Group</u> 10:00 <u>Toucher Thérapeutique</u> With Michelle 13:00 & 14:00 <u>Journal writing for wellness: (eng)</u> 14:00</p>	<p>29 <u>Club de jardin/garden club:</u> 9:15 <u>Yoga:</u> with Barbara 10:30 <u>Expression d'art</u> 13:00 &14:00 <u>Reflexology:</u> 13 :00, 14 :20 & 15 :40</p> <p><u>Open Workshop – importance of breast examinations (english)</u> 19:00- 20:30 Session en française le 6 octobre</p>	<p>30 <u>Meditation with Neil</u> 10 :00 <u>Toucher thérapeutique:</u> with Monique: 10:00, 11:00, 12:00 &13:00</p>		
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