Friends For Life's WELLNESS UNIVERSITY

May 2008

Spring

To schedule an appointment for registration please call: 901-272-0855 ext. 237

Monday	Tuesday	Wednesday	Thursday	Friday
Financial Empowerment Classes: **(Pre-registration is required)** **The Women's Money Camp- 5/13, 5/20, 5/27** **10:00am-2:00pm** **Men's Financial Literacy - 5/13, 5/20, 5/27, 6/3, 6/10, 6/17** **10:30am-11:30am**			**1** **10:30am-11:30am** Understanding Substance Abuse **11:30am-12:30pm** Positively In Charge **12:30pm-1:30pm** Spiritual Empowerment	**2** **10:00am-11:00pm** Introduction to Yoga **1:15pm-2:15pm** HIV 101
5 **10:30am-11:30am** Music Therapy **11:35pm-12:35pm** Health and Hygiene **1:00pm-2:00pm** Medication and Wellness	**6** **10:30am-11:30am** Literacy Empowerment **11:30am-12:25pm** Men's Empowerment **12:30pm-1:30pm** Movement and Motion **1:30pm-2:30pm** Nutrition and Health	**7** **10:30am-11:30am** GlaxoSmithKline Presentation with Lunch **11:30am- 12:30pm** Sexual Health **1pm –2pm** Women's Empowerment	**8** **10:30am-11:30am** Understanding Substance Abuse **11:30am-12:30pm** Positively In Charge **12:30pm-1:30pm** Spiritual Empowerment **1:10pm-2:10pm** GED	**9** **10:00am-11:00pm** Introduction to Yoga **1:15pm-2:15pm** HIV 101
12 **10:30am-11:30am** Music Therapy **11:35pm-12:35pm** Health and Hygiene **1:00pm-2:00pm** Medication and Wellness	**13** **10:30am-11:30am** Literacy Empowerment **11:30am-12:25pm** Men's Empowerment **12:30pm-1:30pm** Movement and Motion **1:30pm-2:30pm** Nutrition and Health	**14** **10:30am-11:30am** Empowerment 4 the Future **11:30am- 12:30pm** Sexual Health **1pm –2pm** Women's Empowerment	**15** **10:30am-11:30am** Understanding Substance Abuse **11:30am-12:30pm** Positively In Charge **12:30pm-1:30pm** Spiritual Empowerment **1:10pm-2:10pm** GED	**16** **10:00am-11:00pm** Introduction to Yoga **1:15pm-2:15pm** HIV 101
19 **10:30am-11:30am** Music Therapy **11:35pm-12:35pm** Health and Hygiene **1:00pm-2:00pm** Medication and Wellness	**20** **10:30am-11:30am** Literacy Empowerment **11:30am-12:25pm** Men's Empowerment **12:30pm-1:30pm** Movement and Motion **1:30pm-2:30pm** Hope and Healing	**21** **10:30am-11:30am** Empowerment 4 the Future **11:30am- 12:30pm** Sexual Health **1pm –2pm** Women's Empowerment	**22** **10:30am-11:30am** Understanding Substance Abuse **11:30am-12:30pm** Positively In Charge **12:30pm-1:30pm** Spiritual Empowerment **1:10pm-2:10pm** GED	**23** **10:00am-11:00pm** Introduction to Yoga **1:15pm-2:15pm** HIV 101
26 Agency Closed in Observance of Memorial Day 	**27** **10:30am-11:30am** Literacy Empowerment **11:30am-12:25pm** Men's Empowerment **12:30pm-1:30pm** Movement and Motion **1:30pm-2:30pm** Nutrition and Health	**28** **10:30am-11:30am** Empowerment 4 the Future **11:30am- 12:30pm** Sexual Health **1pm –2pm** Women's Empowerment	**29** **10:30am-11:30am** Understanding Substance Abuse **11:30am-12:30pm** Positively In Charge **12:30pm-1:30pm** Spiritual Empowerment **1:10pm-2:10pm** GED	**30** **10:00am-11:00pm** Introduction to Yoga **1:15pm-2:15pm** HIV 101