

		SANDY'S 2			
DAY	TIME	GROUP	TTL HOURS		
MONDAY	7:30am-8:00am	MORNING MEDITATION	0.5		
	9:00am-10:00am	GROUP PROCESS	1		
	10:15am-11:15am	NUTRITION	1		
	12:30pm-2:15pm	HEALTH & WELLNESS	1.75		
	2:30pm-3:30pm	YOGA	1		
	6:00pm-7:00pm	12th STEP EDUCATION MTG	1		
	8:00pm-9:00pm	GRATITUDE GROUP	1		
TUESDAY	7:30am-8:00am	MORNING MEDITATION	0.5		
	9:00am-10:00am	RELAPSE PREVENTION	1		
	10:15am-11:15am	SPIRITUALITY	1		
	1:00pm-3:00pm	HEALTH & WELLNESS	2		
	6:00pm-7:00pm	12th STEP EDUCATION MTG	1		
	8:00pm-9:00pm	GRATITUDE GROUP	1		
	WEDNESDAY	7:30am-8:00am	MORNING MEDITATION	0.5	
9:00am-10:00am		GROUP PROCESS	1		
10:15am-11:15am		COPING SKILLS	1		
12:30pm-2:30pm		HEALTH & WELLNESS	2		
3:00pm-4:00pm		LIFE SKILLS	1		
6:30pm-7:30pm		12th STEP EDUCATION MTG	1		
8:00pm-9:00pm		GRATITUDE GROUP	1		
THURSDAY	7:30am-8:00am	MORNING MEDITATION	0.5		
	9:00am-10:00am	LECTURE/ADDICTION	1		
	10:15am-11:15am	ENERGY HEALING	1		
	12:30pm-2:30pm	HEALTH & WELLNESS	2		
	3:00pm-4:00pm	LOVE ADDICTION	1		
	6:00pm-7:00pm	12th STEP EDUCATION MTG	1		
	8:00pm-9:00pm	GRATITUDE GROUP	1		
FRIDAY	7:30am-8:00am	MORNING MEDITATION	0.5		
	9:00am-10:00am	GROUP PROCESS	1		
	11:30am-1:30pm	HEALTH & WELLNESS/LYNN HOUSE	2		
	2:00pm-3:00pm	12th STEP EDUCATION MTG	1		
	8:00pm-9:00pm	GRATITUDE GROUP	1		
SATURDAY	7:30am-8:00am	MORNING MEDITATION	0.5		
	10:15am-11:15am	MUSIC THERAPY	1		
	12:30pm-2:30pm	HEALTH & WELLNESS	2		
	7:00pm-8:30pm	12th STEP EDUCATION MTG	1		
	8:00pm-9:00pm	GRATITUDE GROUP	1		
SUNDAY	8:30am-9:30am	12th STEP EDUCATION MTG	1		
	12:30pm-2:30pm	HEALTH & WELLNESS/OFFSITE ACTIVITY	2		
	8:00pm-9:00pm	GRATITUDE GROUP	1		
TOTAL HOURS/WK			43.75		