Christine E. Lynn Women's Health & Wellness Institute Presents

Support Groups & Wellness Program Calendar

March 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Observances

March 1 – March 31
National Colo-Rectal Cancer Awareness Month
National Nutrition Month
Lymphedema Awareness Month
Myeloma Awareness Month
National Multiple Sclerosis Education and Awareness Month
National Endometriosis Awareness Month

Holidays

March 8
Daylight Saving Time Begins

March 17
St. Patrick's Day

Please see below for March dates:

2 **Basics of Baby Care** *(Fee for service)*, 7 – 9 p.m., Women's Institute Classroom, RSVP required to 561-955-3276

3 **Breastfeeding Education and Support Group**, 12 – 1:30 p.m., Women's Institute Classroom, RSVP 561-955-3276

Tai Chi* *(Fee for service)*, 6 – 7:30 p.m., Women's Institute Lobby, Call 561-955-7227 for more information

4 **Yoga*** *(Fee for service)*, 10 – 11:15am, Women's Institute Classroom, Call 561-955-7227 for more information

5 **Yoga*** *(Fee for service)*, 10 – 11:15 a.m., Women's Institute Classroom, Call 561-955-7227 for more information

Community Acupuncture *(Fee for service)*, 10 a.m. – 3:30 p.m., Center for Living Well, 2nd Floor, RSVP 561-955-4949

Peaceful Mind Peaceful Life: The Calling Experience with Rha Goddess, 5 – 8 p.m., Dawson Theater, RSVP 561-955-7227 or visit pmpl.eventbrite.com

6 **Peaceful Mind Peaceful Life: The Calling Experience with Rha Goddess**, 12 – 1 p.m., Women's Institute Classroom, RSVP 561-955-7227 or visit pmpl.eventbrite.com

Breastfeeding Education and Support Group, 1:30 – 3 p.m., Women's Institute Classroom, RSVP 561-955-3276

7 **One-Day Chilbirth Preparation Class** *(Fee for service)*, 9 – 4 p.m., Women's Institute Classroom, RSVP 561-955-3276

10 **Breastfeeding Education and Support Group**, 12 – 1:30 p.m., Women's Institute Classroom, RSVP 561-955-3276

Tai Chi* *(Fee for service)*, 6 – 7:30 p.m., Women's Institute Lobby, Call 561-955-7227 for more information

11 **Yoga*** *(Fee for service)*, 10 – 11:15 a.m., Women's Institute Classroom, Call 561-955-7227 for more information

Core Connection: Pelvic Health Support Group – How to Navigate Challenging Situations, 6 – 7 p.m., Women's Institute Classroom, RSVP 561-955-5039

12 **WomenHeart Support Group**, 1:30 – 3:30 p.m., Women's Institute Classroom, RSVP 561-955-7227

13 **Yoga*** *(Fee for service)*, 10 – 11:15 a.m., Women's Institute Classroom, Call 561-955-7227 for more information

Breastfeeding Education and Support Group, 1:30 – 3 p.m., Women's Institute Classroom, RSVP 561-955-3276

16 **Prenatal Breastfeeding Class** *(Fee for service)*, 7 – 9 p.m., Women's Institute Classroom, RSVP 561-955-3276

17 **Breastfeeding Education and Support Group**, 12 – 1:30 p.m., Women's Institute Classroom, RSVP 561-955-3276

Tai Chi* *(Fee for service)*, 6 – 7:30 p.m., Women's Institute Lobby, Call 561-955-7227 for more information

18 **Yoga*** *(Fee for service)*, 10 – 11:15am, Women's Institute Classroom, Call 561-955-7227 for more information

19 **Community Acupuncture** *(Fee for service)*, 10 a.m. – 3:30 p.m., Center for Living Well, 2nd Floor, RSVP 561-955-4949

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BAPTIST HEALTH SOUTH FLORIDA

BRRH.com

***Registration is not required.**

Continued on back »

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24

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25

Yoga* *(Fee for service)*, 10 – 11:15 a.m., Women's Institute Classroom, Call 561-955-7227 for more information

26

Community Acupuncture *(Fee for service)*, 11 a.m. – 4:30 p.m., Center for Living Well, 2nd Floor, RSVP 561-955-4949

Moving Forward Lecture, 6 – 7 p.m., Women's Institute Classroom, RSVP 561-955-7227

27

Yoga* *(Fee for service)*, 10 – 11:15 a.m., Women's Institute Classroom, Call 561-955-7227 for more information

Breastfeeding Education and Support Group, 1:30 – 3 p.m., Women's Institute Classroom, RSVP 561-955-3276

31

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Tai Chi* *(Fee for service)*, 6 – 7:30 p.m., Women's Institute Lobby, Call 561-955-7227 for more information

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Lynn Women's Health & Wellness Institute
BAPTIST HEALTH SOUTH FLORIDA

690 Meadows Road, Boca Raton, FL 33486 | For more information, visit **BRRH.com**.