

January 2023

Classes & Events | *The Barbara L. Posner* WELLNESS & SUPPORT CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day! 1	2	3 Acupuncture 10 am-2 pm <i>Call for an appointment.</i>	4 Acupuncture 10 am-2 pm <i>Call for an appointment.</i> Yoga , 4-4:45 pm <i>In person or online</i>	5 Massage 10 am-2 pm <i>Call for an appointment.</i>	6 Massage 10 am-2 pm <i>Call for an appointment.</i>	7
8	9 Yoga , 12-12:45 pm <i>In person or online</i>	10 Acupuncture 10 am-2 pm <i>Call for an appointment.</i>	11 Acupuncture 10 am-2 pm <i>Call for an appointment.</i> Yoga , 4-4:45 pm <i>In person or online</i>	12 Massage 10 am-2 pm <i>Call for an appointment.</i>	13 Massage 10 am-2 pm <i>Call for an appointment.</i>	14
15 Martin Luther King, Jr. Day	16 Yoga , 12-12:45 pm <i>In person or online</i>	17 Acupuncture 10 am-2 pm <i>Call for an appointment.</i>	18 Acupuncture 10 am-2 pm <i>Call for an appointment.</i> Yoga , 4-4:45 pm <i>In person or online</i>	19 Massage 10 am-2 pm <i>Call for an appointment.</i>	20 Massage 10 am-2 pm <i>Call for an appointment.</i>	21
22	23 Yoga , 12-12:45 pm <i>In person or online</i>	24 Acupuncture 10 am-2 pm <i>Call for an appointment.</i>	25 Acupuncture 10 am-2 pm <i>Call for an appointment.</i> Yoga , 4-4:45 pm <i>In person or online</i>	26 Massage 10 am-2 pm <i>Call for an appointment.</i>	27 Massage 10 am-2 pm <i>Call for an appointment.</i>	28
29	30 Yoga , 12-12:45 pm <i>In person or online</i>	31 Acupuncture 10 am-2 pm <i>Call for an appointment.</i>	For help joining our online yoga classes , please call 410-427-2598.			

(\$) Fee information (Programs are **free** unless otherwise noted. Call 410-427-2598 for appointments and information.)
Private Acupuncture — Appointments required; insurance accepted. \$90/hour. **Massage** — Appointments required. \$90/hour.

Grant funding may be available to cover acupuncture and massage costs; please call for more information. Follow us on [Facebook](#).