
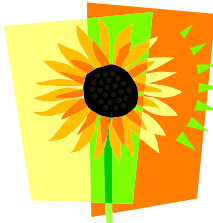


Scripps Chula Vista Well-Being Center
555 Broadway, Suite 2029, Chula Vista, CA 91910

Calendar of Events

May 2004

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Mental Health Month					1 10:00-11:30 a.m. Weight Loss Management Support Group
2 4-6 p.m. AL-ANON (Span.)	3 12:30-1:30pm Breastfeeding Support Group	4 11am-12noon Stroke/ Parkinson's Exercise Group 12-2 p.m. Diabetes Class (English) Project Dulce	5 9:30-11 a.m. Caregiver's Support Group 11-12 Toy Library 2:00-4:00 p.m. Diabetes Class (Spanish) Project Dulce	6 11a.m.-12noon Stroke/Parkinson's	7 6-8 p.m. AL-ANON (Spanish)	8 10:30 a.m.-12:30 Are you Wishing for A Baby?
9 HAPPY MOTHER'S DAY 4-6 p.m. AL-ANON (Spanish)	10 10am-12 noon Widowed Support Group 12:30-1:30 pm. Breastfeeding Support Group	11 11am-12 noon Stroke/ Parkinson's Exercise Group 12-2 p.m. Diabetes Class (English) Project Dulce	12 9-10:30 a.m. Meet the Doc Session "Depression: What Every Woman Should Know" 2:00-4:00 p.m. Diabetes Class Span. (Project Dulce) 6-8 pm Epilepsy Support Group (Spanish)	13 11am-12noon Parkinson's Support Group	14 10-11:30 am "No I Won't and You Can't Make Me" 6-8 p.m. AL-ANON (Spanish)	15 10:00-11:30 a.m. Weight Loss Management Support Group
16 4-6 p.m. AL-ANON (Spanish)	17 12:30-1:30 pm Breastfeeding Support Group	18 11am-12noon Stroke/ Parkinson's Exercise Group 12-2 p.m. Diabetes Class (English) Project Dulce	19 9:30-11 a.m. Caregiver's Support Group 11-12 Toy Library 2:00-4:00 p.m. Diabetes Class	20 9:30-11a.m. Infant Massage Class 11a.m.-12noon Stroke/Parkinson's Exercise Group 6:30-9 p.m. Survivors of Suicide	21 9:00 a.m.-12 noon. Rejuvenating Yourself Workshop 1-2pm Diabetes-Eng 3-4pm Diabetes-Span 6-8 p.m. AL-ANON	22 
23 4-6 p.m. AL-ANON (Span.) 30 4-6 p.m. AL-ANON (Spanish)	24 10am-12 noon Widowed Support Grp 12-1:30 Breastfeeding Support Group 31 12-1:30 Breastfeeding Support Group	25 11am-12noon Stroke/ Parkinson's Exercise Group 12-2 p.m. Diabetes Class (English) Project Dulce	26 2:00-4:00 p.m. Diabetes Class (Spanish) Project Dulce	27 9:30-11a.m. Infant Massage Class 11a.m.-12noon Stroke/Parkinson's Exercise Group 6:30-8:30 p.m. Getting Ready for Baby (Eng.)	28 6-8 p.m. AL-ANON(Span)	29 For more information, please call 1-800-SCRIPPS or (619) 420-9820