



THE LIGHTHOUSE

CENTER FOR WELLBEING

JULY 2017

UPCOMING EVENTS OF THE MONTH

- CHILDREN
- TWEENS (AGES 9 – 12 YRS)
- TEENS (AGES 13 – 17 YRS)
- ADULTS (18 YRS+)
- ALL AGES WELCOME

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	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	1	2	3	4	5

6TH JULY 2017

- NEW MOMS & MOMS-TO-BE MEET-UP GROUP (In Partnership with Baby & Child) (Adults 18+ yrs) / **9:00 AM to 10:30 AM**

15TH JULY 2017

- HEALING THROUGH MEDITATION (Adults 18+ yrs) / **12:00 PM to 1:00 PM**