# Mind Body Studio

## September 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| | 7<br><br>**John A.Patterson MD, MSPH, FAAFP**<br>Integrative Medicine Consultations<br>Stress Management for Chronic Disease<br>Burnout Prevention/Helping Professionals<br>Mindful Tango/Mindful Waltz/Mindful Yoga<br>japatt@windstream.net<br>**859-373-0033** | 8 | 9<br><br>6:00 - 7:30 PM<br>***LIVE ONLINE***<br>**Mindfulness and Relaxation for Health** John | 10 | 11 | 12 |
| 13 | 14 | 15 | 16<br><br>6:00 - 7:30 PM<br>***LIVE ONLINE***<br>**Mindfulness and Relaxation for Health** John | 17 | 18 | 19 |
| 20 | 21 | 22 | 23<br><br>6:00 - 7:30 PM<br>***LIVE ONLINE***<br>**Mindfulness and Relaxation for Health** John | 24 | 25 | 26 |
| 27 | 28 | 29 | 30<br><br>6:00 - 7:30 PM<br>***LIVE ONLINE***<br>**Mindfulness and Relaxation for Health** John | | | |