



October 2005

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 <i>LapBand Support Group</i> 6-7 pm <u>Healthplex (3rd floor)</u> "LapBand Nutrition"	7	8
9	10	11 <i>RNY Support group</i> 6-7:30 pm <u>Healthplex (3rd floor)</u> "Functional Foods"	12 <i>Informational Seminar</i> 6:30 pm <u>NRH Education Center</u>	13	14	15
16	17	18	19	20 <i>LapBand Support Group</i> 6-7 pm <u>Healthplex (3rd floor)</u> "Weight Management On the Road"	21	22
23	24	25 <i>RNY Support group</i> 6-7:30 pm <u>Healthplex (3rd floor)</u> "Theraband® Exercise Demonstration"	26 <i>Informational Seminar</i> 6:30 pm <u>NRH Education Center</u>	27	28	29
30	31					