



Four Week Weight Loss Group - CHILLUM DC -

Calendar

<p style="text-align: center;">May 2019 Calendar (4 Week Weight Loss for Transplant Program)</p>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 START Initial Orientation Call	7	8	9 Follow up Group Call 2:00 pm - 2:30 pm	10	11
12	13 Grocery Store Tour: Giant at Riggs Plaza 5815 Eastern Ave, Hyattsville, MD 20782 3pm -4pm	14	15	16 Follow up Group Call 2:00 pm - 2:30 pm	17	18
19	20	21 Gardening Volunteer at The Washington Youth Garden 9am - 12 noon -Located on the Arboretum Grounds. Sign up below.	22	23 Follow up Group Call 2:00 pm - 2:30 pm	24	25 Forest Bathing at the Arboretum Meet up at 12 noon - 1:30 We will walk the grounds of the Arboretum.
26	27	28	29	30 Follow up Group Call 2:00 pm - 2:30 pm	31 END	June 1 We may visit ECO City Farms for a tour on this date (Afternoon)



Four Week Weight Loss Group - CHILLUM DC -

Calendar

NOTE: If you are interested in attending the **GARDENING** day volunteering with The Washington Youth Garden click this link where you can sign up to come on that date for a volunteer orientation.
<http://www.washingtonyouthgarden.org/volunteer>