Images of Hope Classes
February 2023

ImagesofHopeElDorado.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		**	*2023 Banners on Parade Call to Artists & Application available* 1	Mindful Movement 12 pm – 1:15 pm Intermediate Pilates 1:30 pm – 2:30 pm 2	Knitting 10 am – 12 pm 3	*World Cancer Day* 4
5	Mindful Movement 3:30 pm – 5:00 pm 6	FUNdamental Pilates 11:45 am – 12:45 pm Intermediate Pilates 1:30 pm – 2:30 pm 7	8	Mindful Movement 12 pm – 1:15 pm Intermediate Pilates 1:30 pm – 2:30 pm 9	Knitting 10 am – 12 pm 10	11
12	Mindful Movement 3:30 pm – 5:00 pm 13	FUNdamental Pilates 11:45 am – 12:45 pm Intermediate Pilates 1:30 pm – 2:30 pm 14	15	Mindful Movement 12 pm – 1:15 pm Intermediate Pilates 1:30 pm – 2:30 pm 16	Knitting 10 am – 12 pm 17	18
19	Holiday 20	FUNdamental Pilates 11:45 am – 12:45 pm Intermediate Pilates 1:30 pm – 2:30 pm 21	Acrylic Mixed Media Class 2:30 pm – 5 pm 22	Mindful Movement 12 pm – 1:15 pm Intermediate Pilates 1:30 pm – 2:30 pm 23	Knitting 10 am – 12 pm Cathie's Paint Party 6 pm – 8:30 pm 24	25
26	Mindful Movement 3:30 pm – 5:00 pm 27	FUNdamental Pilates 11:45 am – 12:45 pm Intermediate Pilates 1:30 pm – 2:30 pm 28				

Music in the Marshall Cancer Resource Center's Infusion Center provided by Images of Hope

Tranquil Journeys classes available all month on YouTube

2023 Banners on Parade Call to Artists available

*** February is National Cancer Prevention Month ****