






Monday	Tuesday	Wednesday	Thursday	Friday
05 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Calendar Planning	6 	07 10:00-10:20 Matt Lammers (St. Luke's) 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Education Re-cap	8 <div style="border: 1px solid black; background-color: #f9cb9c; padding: 5px;"> Intellectual/Occupational Wellness: Goal Setting- Group/Indiv reflection on quality of life and plans for fall. </div>	9
12 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Nutrition	13	14 OUTING 10:00-2:00 Visit Lee Simms Delmar Gardens of Lenexa 9701 Monrovia Lenexa, KS 66215 913.492.1130	15 <div style="border: 1px solid black; background-color: #cfe2f3; padding: 5px;"> Spiritual/Emotional/Social Wellness: Lunch- Visiting with others Self Check- Mindfulness, quiet, prayer etc. Outings </div>	16
19 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Nutrition	20 EVENTS Support Group- NKC - 4th Fl. Rehab 1:30-3:00 2800 Clay Edwards Dr. Fundraiser- Cocktails for a Cure -Brew Top Pub- 6601 W. 135th St., OP, KS 4:00-7:00pm	21 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Nutrition	22 	Midwest Ability Summit <u>Saturday,</u> <u>August 24 @10am-4pm</u> Overland Park Convention Center 6000 College Blvd, OP, KS 66211
26 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Nutrition	27	28 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-2:00 Fruit Pizza Bake-off 3:00-4:00 Research Support Group 1N Conference Room - 1st Floor (every 4th Thursday).	29-Aug <div style="border: 1px solid black; background-color: #d3d3d3; padding: 5px;"> Physical Wellness (PW): Biometrics: Body measurements Arthrokinematics - Range of Motion (ROM), Cardio & Fitness Equipment. Diet & Nutrition </div>	30-Aug
9/02/19 LABOR DAY ASF CLOSED 	9/03/19 Upcoming: Stroke Walk- Sept. 7 	9/04/19 10:00-10:50 Wellness Activities 11:00-12:00 Fitness w/Ramon 12:00-1:00 Lunch 1:00-2:00 Nutrition	5-Sep  AMERICAN STROKE FOUNDATION Reclaiming hope. Rebuilding lives.	6-Sep