


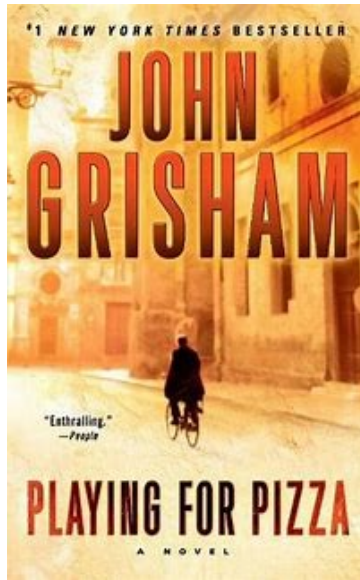
# March 2023

Banner Neuro Wellness / 207 N. Gilbert Rd. Suite #205 Gilbert, AZ 85234 / 480-827-5800

| Announcements  | Mon   | Tue  | Wed   | Thu  | Fri  |
|--|---|--|---|--|--|
| <p><b>Saturday Retreat Dates:</b><br/><u>March 11th and February 25th</u></p> <p><b>March Social: Jazz Date Night</b><br/><u>March 10th 3PM-5PM</u><br/><b>Local Band Performing 3:30-4:30</b><br/><u>Cost is \$10 a person</u></p> <p><b>YouTube workouts are available for those who are interested! Links are sent out in the monthly email.</b></p> <p><b>Adjunct Therapies and Support Groups</b></p> <p><u>Monday</u><br/>10-11 am Care Partners (Zoom and In Person)</p> <p>1:30-2:30 pm Women's Group (Zoom and In person)<br/><b>(March 13th &amp; 27th only)</b></p> <p>1:30-2:20 pm In person Speech</p> <p>2:30-3:30 pm In Person Music Therapy</p> <p>3:30-4:30 pm Music Therapy (Zoom)</p> <p><u>Tuesday</u><br/>3:30-4:30 pm Men's Group Zoom Only</p> <p><u>Wednesday</u><br/>9-10 am Dance (Zoom and In Person)<br/>1-2 pm Speaking Group (Zoom Only)</p> <p><u>Thursday</u><br/>1:30-2:30 pm Book Club (16th) (Zoom and In Person)</p> <p><u>Friday</u><br/>9-10 am Coffee Talk (Zoom and In Person)</p> |   |  | <p><b>1</b><br/>9-9:50 PWR! Moves<br/>9-9:50 Dance<br/>10-10:50 PWR! Moves<br/>11-11:50 PWR! One<br/>12:30-1:20 Seated Yoga<br/>1:30-2:20 PWR! One<br/>2:30-3:20 Circuit Boxing<br/>2:30-3:20 PWR! Moves<br/>3:30-4:20 PWR! Moves</p>                             | <p><b>2</b><br/>8-8:50 PWR! Circuit<br/>9-9:50 PWR! Moves<br/>10-10:50 One Boxing<br/>11-11:50 Fitness<br/>12:30-1:20 PWR! One<br/>1:30-2:20 PWR! One<br/>2:30-3:20 Circuit Boxing<br/>3:30-4:20 PWR! Moves</p>  | <p><b>3</b><br/>8-8:50 PWR! Circuit<br/><b>9-9:50 Coffee Talk</b><br/>10:30-11:20 PWR! One<br/>11:30-12:20 PWR! One<br/>1-1:50 Moves Boxing<br/>1-1:50 PWR! One<br/>1:30-3:30 Matter of Balance<br/>2-2:50 PWR! Moves</p>  |
|  | <p><b>6</b><br/>8-8:50 PWR! Circuit<br/>9-9:50 Advanced Yoga<br/>9-9:50 PWR! Moves<br/>10-10:50 PWR! Moves<br/>11-11:50 PWR! One<br/>12:30-1:20 PWR! One<br/>1:30-2:20 One Boxing<br/>2:30-3:20 Fitness<br/>3:30-4:20 PWR! Moves</p>  | <p><b>7</b><br/>8-8:50 PWR! Circuit<br/>9-9:50 PWR! Moves<br/>10-10:50 Moves Boxing<br/>11-11:50 PWR! One<br/>12:30-1:20 One Boxing<br/>1:30-2:20 PWR! One<br/>2:30-3:20 PWR! One<br/>2:30-3:20 Flex Core</p>  | <p><b>8</b><br/>9-9:50 PWR! Moves<br/>9-9:50 Dance<br/>10-10:50 PWR! Moves<br/>11-11:50 PWR! One<br/>11-11:50 Advanced Yoga<br/>12:30-1:20 Seated Yoga<br/>1:30-2:20 PWR! One<br/>2:30-3:20 Circuit Boxing<br/>2:30-3:20 PWR! Moves<br/>3:30-4:20 PWR! Moves</p>  | <p><b>9</b><br/>8-8:50 PWR! Circuit<br/>9-9:50 PWR! Moves<br/>10-10:50 One Boxing<br/>11-11:50 Fitness<br/>12:30-1:20 PWR! One<br/>1:30-2:20 PWR! One<br/>2:30-3:20 Circuit Boxing<br/>3:30-4:20 PWR! Moves</p>  | <p><b>10</b><br/>8-8:50 PWR! Circuit<br/><b>9-9:50 Coffee Talk</b><br/>10:30-11:20 PWR! One<br/>11:30-12:20 PWR! One<br/>1-1:50 Moves Boxing<br/>1-1:50 PWR! One<br/>1:30-3:30 Matter of Balance<br/>2-2:50 PWR! Moves</p> |
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# Book Club

**March 16th:** Discuss  
**“Playing for Pizza”**  
**By John Grisham**



**March 17th:** Start  
**“The Attic Child”**  
**By Lola Jaye**

