

URBAN ZEN INTEGRATIVE THERAPY

Summer 2022 Online Class Schedule

JUNE 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 Urban Zen with Jennifer G. 4:00 PM	8	9 Urban Zen with Janine H. 4:00 PM	10	11
12	13	14 Urban Zen with Jennifer G. 4:00 PM	15	16 Urban Zen with Janine H. 4:00 PM	17	18
19	20	21 Urban Zen with Jennifer G. 4:00 PM	22	23 Urban Zen with Janine H. 4:00 PM	24	25
26	27	28 Urban Zen with Jennifer G. 4:00 PM	29	30 Urban Zen with Janine H. 4:00 PM		



NOTE: For the Urban Zen class information and Zoom link to access class, visit the CCS Wellness Website: <https://www.ccssoh.us/Page/7061>

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