

YOUR HEALTH MATTERS

February 2025



Walk in. Get care. No appointment needed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Tam Bao Meditation Center 8:30 a.m. - 12:30 p.m.	4 Eden Park 5 p.m. - 7 p.m.	5 YMCA Exxon Mobil 8:30 a.m. - 12:30 p.m. EBRPL Delmont 3 p.m. - 6 p.m.	6 Ardenwood Village 1 p.m. - 5 p.m.	7	8
9	10 Tam Bao Meditation Center 8:30 a.m. - 12:30 p.m.	11 MLK Center 8:30 a.m. - 12:30 p.m.	12 YMCA Exxon Mobil 8:30 a.m. - 12:30 p.m. EBRPL Delmont 3 p.m. - 6 p.m.	13 Ardenwood Village 1 p.m. - 5 p.m.	14	15
16	17 Tam Bao Meditation Center 8:30 a.m. - 12:30 p.m.	18 Turner Plaza 8:30 a.m. - 12:30 p.m.	19 YMCA Exxon Mobil 8:30 a.m. - 12:30 p.m. EBRPL Delmont 3 p.m. - 6 p.m.	20 Ardenwood Village 1 p.m. - 5 p.m.	21	22
23	24 Tam Bao Meditation Center 8:30 a.m. - 12:30 p.m.	25 True Light 11 a.m. - 3 p.m.	26 YMCA Exxon Mobil 8:30 a.m. - 12:30 p.m. EBRPL Delmont 3 p.m. - 6 p.m.	27 Ardenwood Village 1 p.m. - 5 p.m.	28	



Call for more info
225-763-4500

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