March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 SWS Science Simplified Community Is Immunity 6:30 - 7:00 PM	4	5	6	7
8 **Daylight Savings**	9	10 SWS Move Well Strength and Movement 6:30 - 7:00 PM	11	12	13	14
15	16	17 SWS Eat Well Law of Nourishment 6:30 - 7:00 PM	18	19	20 **Spring Begins**	21 **Office Closed**
22	23	24 SWS Think Well Worry Less, Know More, Hope & Faith, Choose Love 6:30 - 7:00 PM	25	26	27	28 **Office Closed** **TLC Seminar** **Scripting Camp**
29	30	31 SWS Guest Speaker Kristen Lessard Yoga Stretches & Guided Breath-work to Lower Stress 6:30 - 7:00 PM				