

December Events

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 Weight Watchers Yonkers/Fordham	2	3
4	5	6	7 Weight Watchers Moses/Einstein/Tarrytown Wellness Wednesday's – Wakefield Cafeteria 12:00-2:00pm	8 Weight Watchers Yonkers/Fordham	9	10
11	12	13 5Rhythms 5:15-6:15pm	14 Weight Watchers Moses/Einstein/Tarrytown Wellness Wednesday's – Tarrytown Cafeteria 12:00-2:00pm	15 Weight Watchers Yonkers/Fordham	16	17
18	19	20 Nutrition Workshop Moses 12:00-1:00pm	21 Weight Watchers Moses/Einstein/Tarrytown Nutrition Workshop Moses 12:00-1:00pm 1:00-2:00pm	22 Weight Watchers Yonkers/Fordham	23	24
25	26	27	28 Weight Watchers Moses/Einstein /Tarrytown	29 Weight Watchers Yonkers/Fordham	30	31