

# Military Vets & First Responders Activities, Groups, & Meetings



## MONDAY

- 06:30am Running Club
- 08:30am Military Vets & First Responders Group
- 10:55am Military Vets & First Responders Group
- 02:10pm Military Vets & First Responders Group
- 04:15pm Badges and Bottles 12-Step Meeting at Palm Beach Sheriff's Office

## TUESDAY

- 08:30am Military Vets & First Responders Whole Health Action Management (*Qigong Meditation*)
- 10:55am Military Vets & First Responders Group
- 02:10pm Military Vets & First Responders Group

## WEDNESDAY

- 06:30am Running Club
- 08:30am Military Vets & First Responders WHAM (*Qigong Meditation*)
- 10:55am Military Vets & First Responders Group
- 01:00pm Military Vets & First Responders WHAM (*Health & Nutrition*)
- 02:10pm Military Vets & First Responders Group

## THURSDAY

- 08:30am Military Vets & First Responders WHAM (*Qigong Meditation*)
- 10:55am Military Vets & First Responders Surviving Trauma
- 01:00pm Military Vets & First Responders WHAM (*Chakra Meditation*)
- 02:10pm Military Vets & First Responders Group
- 06:00pm Military Vets & First Responders Peer Led Meeting

## FRIDAY

- 06:30am Running Club
- 08:30am Military Vets & First Responders Group
- 10:55am Military Vets & First Responders Group
- 01:00pm Military Vets & First Responders Group
- 05:30pm Military Vets & First Responders BBQ
- 05:50pm Military Vets Alumni Meeting (*3rd Friday of the Month*)

## SATURDAY

- 08:30am Military Vets & First Responders WHAM (*Tai Chi Meditation*)