

Group No.	Group	Language	Day of the Week	Date	Time	Class capacity	No. of Available Spots
1173	Healthy Eating	English	Tuesday	September 28, 2021	1:30pm-3:00pm	10	7
1195	Healthy Eating	English	Monday	October 4, 2021	5:30pm-7:00pm	10	6
1196	Healthy Eating	English	Tuesday	October 12, 2021	1:30pm-3:00pm	10	9
1197	Healthy Eating	English	Wednesday	October 20, 2021	10:30am-12:00pm	10	8
1174	Carb Counting	English	Wednesday	September 15, 2021	5:30pm-7:00pm	10	2
1175	Carb Counting	English	Wednesday	September 29, 2021	1:30pm-3:00pm	10	5
1199	Carb Counting	English	Wednesday	October 13, 2021	5:30pm-7:00pm	10	8
1200	Carb Counting	English	Tuesday	October 19, 2021	1:30pm-3:00pm	10	8
1176	Being Active	English	Monday	September 27, 2021	5:30pm-7:30pm	12	2
1201	Being Active	English	Wednesday	October 13, 2021	2:30pm-4:30pm	12	6
1202	Being Active	English	Tuesday	October 19, 2021	5:30pm-7:30pm	12	11
1177	Stress and Diabetes	English	Tuesday	September 21, 2021	5:30pm-7:00pm	10	3
1203	Stress and Diabetes	English	Friday	October 1, 2021	10:30am-12:00pm	10	8
1204	Stress and Diabetes	English	Wednesday	October 6, 2021	1:30pm-3:00pm	10	6
1205	Stress and Diabetes	English	Monday	October 18, 2021	5:30pm-7:00pm	10	7
1178	Meters and Meds	English	Wednesday	September 29, 2021	5:30pm-7:00pm	10	3
1206	Meters and Meds	English	Tuesday	October 19, 2021	1:30pm-3:00pm	10	10
1179	Passport to Health	English	Wednesday	September 22, 2021	5:30pm-7:15pm	12	5
1207	Passport to Health	English	Tuesday	October 12, 2021	1:30pm-3:15pm	12	6

1180	Wellness Support Team	English	Wednesday	September 15, 2021	2:00pm-3:30pm	12	8
1181	Wellness Support Team	English	Wednesday	September 22, 2021	5:30pm-7:00pm	12	9
1182	Wellness Support Team	English	Wednesday	September 29, 2021	2:00pm-3:30pm	12	12
1208	Wellness Support Team	English	Wednesday	October 6, 2021	5:30pm-7:00pm	12	10
1209	Wellness Support Team	English	Wednesday	October 13, 2021	2:00pm-3:30pm	12	12
1210	Wellness Support Team	English	Wednesday	October 20, 2021	5:30pm-7:00pm	12	11
1163	Tiny Habits	English	Friday	September 17, 2021	email based	30	17
1184	Q and A	English	Friday	September 17, 2021	2:00pm-3:00pm	12	12
1211	Q and A	English	Friday	October 1, 2021	2:00pm-3:00pm	12	12
1212	Q and A	English	Friday	October 15, 2021	2:00pm-3:00pm	12	12