



## **2021-2022**

# **MS Wellness Group**

Until further notice, the group will be held virtually or you can listen on your phone.

You must register for the class and a link and handouts will be sent each month.  
Email Sue at [suzanne.arnold@oakclinic.net](mailto:suzanne.arnold@oakclinic.net) to register or call her at 419-581-1182.

### **Dates and Times for 2021-2022**

**November 10 – 1-2:30 pm**

**December 8 – 1-2:30 pm**

**January 12 – 1-2:30 pm**

**February 9 – 1-2:30 pm**

**March 9 – 1-2:30 pm**

**April 13 – 1-2:30 pm**

**May 11 – 1-2:30 pm**

**June 8 – 1-2:30 pm**

