

Military Vets and First Responders Activities, Groups & Meetings



Monday

- 06:30am Running Club
- 10:55am Military Vets & First Responders Group
- 01:00pm Military Vets & First Responders Group
- 02:10pm Military Vets & First Responders Group iRest Yogic Sleep 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 Prana Yama Breathing Technique Group

Wednesday

- 06:30am Running Club
- 08:30am Body Sensing Meditation and Discussion
- 10:55am Military Vets & First Responders Group
- 02:10pm Military Vets & First Responders WHAM (Health & Nutrition)

Thursday

- 08:30am Military Vets & First Responders WHAM (Qigong Meditation)
- 10:55am Military Vets & First Responders Safe Place/Trauma Timeline
- 01:00pm Military Vets & First Responders WHAM (Chakra Meditation)
- 02:10pm Military Vets & First Responders Artistic Expression Group

Friday

- 06:30am Running Club
- 10:55am 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)

Sunday

- 08:15am Military Vets & First Responders iRest Yogic Sleep Group