



## 2019 Better Breathers Club Schedule

(5:00-6:30 PM)

All meetings are on Monday and start at 5:00 p.m. sharp

We meet in Auditorium #1 on the second floor (unless specified below) at Western Maryland Health System, inside the cafeteria entrance on the 2<sup>nd</sup> floor.

**January 7<sup>th</sup>** – Guest Speaker

**February 4<sup>th</sup>** - Exercise & Harmonica Therapy

**March 4<sup>th</sup>** – Guest Speaker \*\* **Room 3**

**April 1<sup>st</sup>** - Exercise & Harmonica Therapy

**May 6<sup>th</sup>**– Guest Speaker

**June 3<sup>rd</sup>** - Exercise & Harmonica Therapy

**July 1<sup>st</sup>** – Guest Speaker

**Aug 12<sup>th</sup>**- Exercise & Harmonica Therapy \*\*

**September 9<sup>th</sup>** – Guest Speaker

**October 7<sup>th</sup>** - Exercise & Harmonica Therapy

**November 4<sup>th</sup>**– Guest Speaker \*\* **Physician's Dining Room**

**December 2<sup>nd</sup>** - Exercise & Harmonica Therapy

*Guest speakers will discuss different subjects at each meeting.*