

THE CLIFFS | MAY 2008

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	Valley Wellness Center - Weekly Hike	Valley Wellness Center - Weekly Hike	Walnut Cove Clubhouse - Wellness Lecture: Sports & Exercise Injuries - Sports & Exercise Injuries - Alternative Treatments for Pain Management and Relief	8	9	10
11	Valley Wellness Center - Weekly Hike	Valley Wellness Center - Weekly Hike		14	15	16
18	Valley Wellness Center - Weekly Hike	Valley Wellness Center - Weekly Hike		21	22	23
25	26	27	28	29	30	31

