

**Vallejo Medical Center
Chronic Pain Class Schedule - February 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
February 3	February 4	February 5	February 6	February 7
12:15 - 1:15 p.m. - Mindful Movement - Bayview South			10:30 - 12 p.m. - Department Overview - Bayview South	
1:30 - 3:00 p.m. - Department-Overview - Bayview South	1:30 - 3:30 p.m. - CBT & Hypnosis	1:30 - 3:30 p.m. - CBT for Pain Reduction	12:30 - 1:30 p.m. - Wellbeing & Happiness - Bayview South	
3:30 - 5:00 p.m. - Introductory Class 2			1:30 - 2:30 p.m. - Mind-Body Therapies - Bayview South	1:30 - 2:30 p.m. - Body Mechanics - Bayview South
	4:00 p.m. - 5:30 p.m. - Introductory Class 2	5:00 - 7:00 p.m. - Advanced CBT/ Hypnosis		2:30 - 3:30 p.m. - Fitness Training - Bayview South
February 10	February 11	February 12	February 13	February 14
12:15 - 1:15 p.m. - Mindful Movement - Bayview South			10:30 - 12 p.m. - Department Overview - Bayview South	
1:30 - 3:00 p.m. - Department-Overview - Bayview South	1:30 - 3:30 p.m. - CBT & Hypnosis	1:30 - 3:30 p.m. - CBT for Pain Reduction	12:30 - 1:30 p.m. - Wellbeing & Happiness - Bayview South	
3:30 - 5:00 p.m. - Introductory Class 3				
	4:00 p.m. - 5:30 p.m. - Introductory Class 3	5:00 - 7:00 p.m. - Advanced CBT/ Hypnosis	4:30 - 5:30 p.m. - Mindful Movement - Bayview South	
February 17	February 18	February 19	February 20	February 21
HOLIDAY			10:30 - 12 p.m. - Department Overview - Bayview South	
	1:30 - 3:30 p.m. - CBT & Hypnosis	1:30 - 3:30 p.m. - CBT for Pain Reduction	12:30 - 1:30 p.m. - Wellbeing & Happiness - Bayview South	
			1:30 - 2:30 p.m. - Mind-Body Therapies - Bayview South	1:30 - 2:30 p.m. - Body Mechanics - Bayview South
	4:00 p.m. - 5:30 p.m. - Introductory Class 4	5:00 - 7:00 p.m. - Advanced CBT/ Hypnosis	4:30 - 5:30 p.m. - Mindful Movement - Bayview South	2:30 - 3:30 p.m. - Fitness Training - Bayview South
February 24	February 25	February 26	February 27	February 28
12:15 - 1:15 p.m. - Mindful Movement - Bayview South				
1:30 - 3:00 p.m. - Department-Overview - Bayview South	1:30 - 3:30 p.m. - CBT & Hypnosis	1:30 - 3:30 p.m. - CBT for Pain Reduction		
3:30 - 5:00 p.m. - Introductory Class 4				
	4:00 p.m. - 5:30 p.m. - Introductory Class 5	5:00 - 7:00 p.m. - Advanced CBT/ Hypnosis		
				*REV: 01/28/2020