

AUGUST 2010 HAPPENINGS

<i>DATE</i>	<i>TIME</i>	<i>GROUP / EVENT</i>	<i>LOCATION</i>
2 nd & 16 th	1:00	Mental Health Group	OIL
3 rd	5:30	Movie Night	OIL
5 th & 19 th	7:00	Shopping	McAlester
6 th	9:00	Water Park Trip	Muskogee
9 th & 23 rd	1:00	Brain Injury Group	OIL
10 th	6:30	Multiple Sclerosis Group	OIL
12 th	5:30	OIL Social	Fiesta Grille (Taco Bobs)
14 th & 28 th		Saturday Shopping	McAlester
17 th	9:30	HIV/AIDS Group	OIL
17 th	5:30	Men's Group	East Gourmet
18 th	11:00	Women's Group	Gator's Wharf

*Low Impact Exercise Class meets
Mondays, Wednesdays & Fridays,
10:00 a.m., Stipe Center

*Alzheimer's Support Group, 3rd
Wednesday, 12:00 p.m., Main & OK
Church of Christ, 423-4743

*Cancer Support Group, 3rd
Thursday, 1:00 p.m., The Van
Buren House, 426-5600

*Diabetes Support Group, 1st
Tuesday, 6:00 p.m., MRHC
Wellness Center Conference Room,
421-8656

*For information on
Men's and Women's Grief Support
Groups – call Hospice of McAlester
at 423-3911

*Bariatric
Support Group, 2nd Tuesday, MRHC
Wellness Center Conference Room,
5:30 p.m., 421-6600

Non-Profit Org.

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Oklahomans for Independent Living

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<http://www.oilok.org>

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