

Higher Ground

Triad Health Project



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Most of us, myself included, live behind walls that were started by others and finished by ourselves. -mark nepo						1
2	morning silence 9:00—9:15 10:30 Monday Group <i>with Sara & Co!</i> 12:00 Moving Pictures +	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Westover Church</i> 1:15 Card Sharks <i>with Amelia</i>	morning silence 9:00—9:15 12:15 Lunch <i>Chik-Fil-A friends!</i> 1:15 Outside the Lines <i>with Barb</i>	morning silence 9:00—9:15 12:15 Lunch <i>Holy Trinity</i> 1:30 Living with a Plus Sign - separate support groups for women & men	morning silence 9:00—9:15 12:15 REACH 	8
9	morning silence 9:00—9:15 10:30 Monday Group <i>with Mo-Linda!</i> 12:00 Moving Pictures +	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Genesis Baptist</i> 1:15 Visual Journaling <i>with Lisa</i>	morning silence 9:00—9:15 12:15 Lunch <i>Love, Lynne</i> 1:15 Mind Matters <i>with Eduardo</i>	morning silence 9:00—9:15 12:15 Lunch <i>GSO Christian</i> 1:30 Living with a Plus Sign 	Higher ground & THP are closed in recognition of the holiday.	15
 easter 16	morning silence 9:00—9:15 10:30 Monday Group <i>with Westover!</i> 12:00 Moving Pictures +	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Guilford Baptist</i> 1:15 On A Claire Day... Heart Health	morning silence 9:00—9:15 12:15 Lunch <i>All Saints Episcopal</i> 1:15 Outside the Lines <i>with Barb</i>	morning silence 9:00—9:15 12:15 Lunch <i>Starmount Presbyterian</i> 1:30 Living with a Plus Sign 	morning silence 9:00—9:15 12:15 REACH 	22
23/30	morning silence 9:00—9:15 10:30 Monday Group <i>with Lee!</i> 12:15 Body Mapping -an art and narrative therapy w/ Lisa Foster!	morning silence 9:00—9:15 11:30 Tuesday Topics 12:15 Lunch <i>Congregational UCC</i> 1:15 Visual Journaling <i>with Lisa</i>	morning silence 9:00—9:15 12:15 Lunch <i>Magz & Co!</i> 1:15 Robin's Nest <i>with Robin Dorko</i>	morning silence 9:00—9:15 12:15 Lunch is Smokin'! <i>Thanks to Meagan!</i> 1:30 Living with a Plus Sign 	morning silence 9:00—9:15 12:15 REACH 	29

For more information, please call Mark at 274-5637.