

# Higher Ground

Triad Health Project



# March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Beauty is Truth, Truth Beauty— that is all you know on earth, and all you need to know. <i>-john keats</i></p>			<p>morning silence 9:00—9:15</p> <p><b>12:15 Lunch</b> <i>Chik-Fil-A friends!</i></p> <p><b>1:15 Outside the Lines</b> <i>with Barb</i></p> <p style="text-align: right;"><b>1</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:15 MindBodySoul</b> <i>simple yoga</i></p> <p><b>12:15 Lunch</b> <i>Holy Trinity</i></p> <p><b>1:30 Living with a Plus Sign</b> (men's group)</p> <p style="text-align: right;"><b>2</b></p>	<p>morning silence 9:00—9:15</p> <p style="text-align: center;"><b>12:15</b> <b>R E A C H</b></p> <p style="text-align: center;"></p> <p style="text-align: right;"><b>3</b></p>	
<b>5</b>	<p>morning silence 9:00—9:15</p> <p><b>10:30 Monday Group</b> <i>with Sara &amp; Co!</i></p> <p><b>12:00 Moving Pictures +</b></p> <p style="text-align: right;"><b>6</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:30 Tuesday Topics</b></p> <p><b>12:15 Lunch</b> <i>Westover Church</i></p> <p><b>1:15 Get Carded</b> <i>with Amelia</i></p> <p style="text-align: right;"><b>7</b></p>	<p>morning silence 9:00—9:15</p> <p><b>SOUL KITCHEN!</b> lunch by THP staff!!!</p> <p><b>1:15 Mind Matters</b> <i>with Eduardo</i></p> <p style="text-align: right;"><b>8</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:15 MindBodySoul</b> <i>simple yoga</i></p> <p><b>12:15 Lunch</b> <i>GSO Christian</i></p> <p><b>1:15 Broken Crayons</b></p> <p style="text-align: right;"><b>9</b></p>	<p>morning silence 9:00—9:15</p> <p style="text-align: center;"><b>12:15</b> <b>R E A C H</b></p> <p style="text-align: center;"></p> <p style="text-align: right;"><b>10</b></p>	<b>11</b>
<p style="text-align: center;"><b>12</b></p>	<p>morning silence 9:00—9:15</p> <p><b>10:30 Monday Group</b> <i>with Mo-Linda!</i></p> <p><b>12:00 Moving Pictures +</b></p> <p style="text-align: right;"><b>13</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:30 Tuesday Topics</b></p> <p><b>12:15 Lunch</b> <i>Genesis Baptist</i></p> <p><b>1:15 Visual Journaling</b> <i>with Lisa</i></p> <p style="text-align: right;"><b>14</b></p>	<p>morning silence 9:00—9:15</p> <p><b>12:15 Lunch</b> <i>All Saints Episcopal</i></p> <p><b>1:15 Robin's Nest</b> <i>with Robin Dorko</i></p> <p style="text-align: right;"><b>15</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:15 MindBodySoul</b> <i>simple yoga</i></p> <p><b>12:15 Lunch</b> <i>Starmount Presbyterian</i></p> <p><b>1:30 Living with a Plus Sign</b> (men's group)</p> <p style="text-align: right;"><b>16</b></p>	<p><b>RCID ROCKS!</b> a special lunch with our heroes!!</p> <p style="text-align: right;"><b>17</b></p>	<b>18</b>
<b>19</b>	<p>morning silence 9:00—9:15</p> <p><b>10:30 Monday Group</b> <i>with Westover!</i></p> <p><b>12:00 Moving Pictures +</b></p> <p style="text-align: right;"><b>20</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:30 Tuesday Topics</b></p> <p><b>12:15 Lunch</b> <i>Guilford Baptist</i></p> <p><b>1:15 Visual Journaling</b> <i>with Lisa</i></p> <p style="text-align: right;"><b>21</b></p>	<p>morning silence 9:00—9:15</p> <p><b>12:15 Lunch</b> <i>Magz &amp; Co!</i></p> <p><b>1:15 Mind Matters</b> <i>with Eduardo</i></p> <p style="text-align: right;"><b>22</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:15 MindBodySoul</b> <i>simple yoga</i></p> <p><b>12:15 Lunch</b> <i>Love, Lynne</i></p> <p><b>1:30 Living with a Plus Sign</b> (men's group)</p> <p style="text-align: right;"><b>23</b></p>	<p>morning silence 9:00—9:15</p> <p style="text-align: center;"><b>12:15</b> <b>R E A C H</b></p> <p style="text-align: center;"></p> <p style="text-align: right;"><b>24</b></p>	<b>25</b>
<b>26</b>	<p>morning silence 9:00—9:15</p> <p><b>10:30 Monday Group</b> <i>with Lee!</i></p> <p><b>12:00 Moving Pictures +</b></p> <p style="text-align: right;"><b>27</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:30 Tuesday Topics</b></p> <p><b>12:15 Lunch</b> <i>Congregational UCC</i></p> <p><b>1:15 Visual Journaling</b> <i>with Lisa</i></p> <p style="text-align: right;"><b>28</b></p>	<p>morning silence 9:00—9:15</p> <p><b>12:15 Lunch</b> <i>Love, Lynne</i></p> <p><b>1:15 Outside the Lines</b> <i>with Barb</i></p> <p style="text-align: right;"><b>29</b></p>	<p>morning silence 9:00—9:15</p> <p><b>11:15 MindBodySoul</b> <i>simple yoga</i></p> <p><b>12:15 Lunch</b> <i>Spring Cook-In!</i></p> <p><b>1:30 Living with a Plus Sign</b> (men's group)</p> <p style="text-align: right;"><b>30</b></p>	<p>morning silence 9:00—9:15</p> <p style="text-align: center;"><b>12:15</b> <b>R E A C H</b></p> <p style="text-align: center;"></p> <p style="text-align: right;"><b>31</b></p>	

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