

Self Esteem Services March 2010

Mon	Tue	Wed	Thu	Fri	Sat
1 \$5	2 Walk-in professional wardrobing 9:30a-12p 1p-5 *no cost*	3 Pies y Manos 9:30-12:30p \$5 (Manos)	4 Stress Busting Meditation 12:15p-1:15 \$5	5	6 Yoga: Essential Basics 9:30a-11 \$5 (with Thomas)
8 \$5	9 Walk-in professional wardrobing 9:30a-12p 1p-5 *no cost*	10 Manicures 9a-2p \$5	11	12	13 Yoga: Essential Basics 9:30a-11 \$5 (with Thomas)
15 Make-up application class 10a-12p 12:30-2:30p \$5	16 Walk-in professional wardrobing 9:30a-12p 1p-5 *no cost*	17 Cuerpo y Vestirse 9:30-12:30p \$5 (Parte 1)	18 Stress Busting Meditation 12:15p-1:15 \$5	19	20 Yoga: Essential Basics 9:30a-11 \$5 (with Thomas)
22 Haircuts 9a-12p and 1p-4 \$5 *Limited spaces* *First come, First served* *No pre-registration*	23 Walk-in professional wardrobing 9:30a-12p 1p-5 *no cost*	24 Manicures 9a-2p \$5	25 Healing Touch Energy Therapy 9a-3p \$5	26	27 Yoga: Essential Basics 9:30a-11 \$5 (with Thomas)
29 Facials 9-1p \$5	30 Walk-in professional wardrobing 9:30a-12p 1p-5 *no cost*	31 Cuerpo y Vestirse 9:30-12:30p \$5 (Parte 2)	<div style="border: 1px dashed black; padding: 10px;"> <p>Please note:</p> <ul style="list-style-type: none"> All Self Esteem Services are provided by volunteers in the community and are subject to change due to availability. All services are first come, first serve in the time frame offered. A Fresh Start client may use all Self Esteem services once every 90 days. </div>		