

JULY 2010 HAPPENINGS

DATE	TIME	GROUP / EVENT	LOCATION
1 st & 15 th	7:00	Shopping	McAlester
5 th		OIL CLOSED FOR INDEPENDENCE DAY	
8 th	5:30	OIL Social	Boomerang Cafe
10 th		Saturday Shopping	McAlester
12 th & 26 th	1:00	Brain Injury Group	OIL
13 th	9:30	HIV/AIDS Group	OIL
13 th	5:00	Men's Group	Patron's Mexican Restaurant
14 th	12:00	Women's Group	OIL
19 th	1:00	Mental Health Group	OIL
28 th	11:00	Game Day	Chadick Park
30 th		Whole Hawg Festival	Eufaula

*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.

U.S. Postage

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Permit No. 290

Oklahomans for Independent Living

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<http://www.oil.ok.org>

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