

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>See more at leanonthelakeshore.com</p> <ul style="list-style-type: none"> ■ Lecture/Tour/Symposium ■ Workout ■ Hike ■ Nutritional Education/Cooking Demo ■ Mind/Body 			<p>April Fools Day Hike! Expect the unexpected! 5:30 p.m. Fischer Creek</p>		<p>Yoga for Relaxation 6 p.m. Manitowoc Senior Center</p>	<p>Lean on the Lakeshore 5 K 8 a.m. YMCA-Manitowoc/TR</p> <p>Weigh Out 9-10:30 a.m. HFM Wellness Center</p>
	<p>Weigh Out 5-6 p.m. HFM Medical Center</p> <p>Super Supper and Beverage 5 p.m. HFM Cafeteria</p> <p>Learning from a Pathologist's Viewpoint 6 p.m. HFM Medical Center Manitowoc Room</p>	<p>Weigh Out 5-6 p.m. HFM Medical Center</p> <p>Exercise and Mental Health 6 p.m. HFM Medical Center Manitowoc Room</p>			<p>Pound! Last Chance Workout! 5:30 p.m. Manitowoc Senior Center</p>	<p>Planet Fitness Workout 7 a.m. Planet Fitness</p> <p>Weigh Out 8-11 a.m. HFM Wellness Center</p> <p>Land & Sea Workout 11 a.m. & 12 p.m. HFM Wellness Center</p>
	<p>Weigh Out 6-8 a.m., 11 a.m.-1 p.m. & 4 p.m.-7 p.m. HFM Wellness Center</p> <p>Last Chance Workout! 6 p.m. Manitowoc Senior Center</p>	<p>Weigh Out 6-8 a.m. 12-1 p.m. 4-7 p.m. HFM Wellness Center</p>				<p>Finale! 6 p.m.-TBD Lighthouse Inn</p>