

FRESH Group Sessions



Class One

Start Date:	Thursday, June 24, 2010
Session 2:	Thursday, July 1, 2010
Session 3:	Thursday, July 8, 2010
Session 4:	Thursday, July 15, 2010
Session 5:	Thursday, July 22, 2010
Session 6:	Thursday, July 29, 2010

Class Two

Start Date:	Thursday, August 5, 2010
Session 2:	Thursday, August 19, 2010
Session 3:	Thursday, August 26, 2010
Session 4:	Thursday, September 9, 2010
Session 5:	Thursday, September 16, 2010
Session 6:	Thursday, September 23, 2010

Class Three

Start Date:	Thursday, October 7, 2010
Session 2:	Thursday, October 14, 2010
Session 3:	Thursday, October 21, 2010
Session 4:	Thursday, October 28, 2010
Session 5:	Thursday, November 4, 2010
Session 6:	Thursday, November 11, 2010

Class Four

Start Date:	Thursday, November 18, 2010
Session 2:	Thursday, December 2, 2010
Session 3:	Thursday, December 9, 2010
Session 4:	Thursday, December 16, 2010
Session 5:	Thursday, January 6, 2011
Session 6:	Thursday, January, 2011

Class Five

Start Date:	Thursday, January 20, 2011
Session 2:	Thursday, January 27, 2011
Session 3:	Thursday, February 3, 2011
Session 4:	Thursday, February 10, 2011
Session 5:	Thursday, February 17, 2011
Session 6:	Thursday, February 24, 2011

Class Six

Start Date:	Thursday, March 3, 2011
Session 2:	Thursday, March 10, 2011
Session 3:	Thursday, March 17, 2011
Session 4:	Thursday, March 24, 2011
Session 5:	Thursday, March 31, 2011
Session 6:	Thursday, April 7, 2011

Class Seven

Start Date:	Thursday, April 14, 2011
Session 2:	Thursday, April 21, 2011
Session 3:	Thursday, April 28, 2011
Session 4:	Thursday, May 5, 2011
Session 5:	Thursday, May 12, 2011
Session 6:	Thursday, May 19, 2011

Class sizes are limited to 20 participants per session. Please contact the transplant office with any questions.

402.559.5500 or 800.401.4444