



Lexington Clinic

Shoulder Center of Kentucky

May 2023

Overhead Throwing Program Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 DOORS OPEN AT 12:00 P.M. Be in by 6:00 p.m.	2	3 DOORS OPEN AT 12:00 P.M. Be in by 6:00 p.m.	4 DOORS OPEN AT 12:00 P.M. Be in by 6:30 p.m.	5	6
7	8 DOORS OPEN AT 12:00 P.M. Be in by 6:30 p.m.	9	10 DOORS OPEN AT 12:00 P.M. Be in by 6:30 p.m.	11 DOORS OPEN AT 12:00 P.M. Be in by 6:30 p.m.	12	13
14	15 DOORS OPEN AT 12:00 P.M. Be in by 6:00 p.m.	16	17 DOORS OPEN AT 12:00 P.M. Be in by 6:00 p.m.	18 DOORS OPEN AT 12:00 P.M. Be in by 5:00 p.m. Jeremy covering	19	20
21	22 DOORS OPEN AT 12:00 P.M. Be in by 5:00 p.m. Jeremy covering	23	24 DOORS OPEN AT 12:00 P.M. Be in by 5:00 p.m. Jeremy covering	25 DOORS OPEN AT 12:00 P.M. Be in by 5:00 p.m. Jeremy covering	26	27
28	29 MEMORIAL DAY DOORS OPEN AT 10:00 AM. Be in by 2:00 p.m.	30	31 DOORS OPEN AT 11:00 A.M. Be in by 6:00 p.m.	28 DOORS OPEN AT 11:00 A.M. Be in by 6:30 p.m.	29	

If Lexington Clinic is closed, there will be no program (Holidays/Weather.)

For more information, contact: Mike Howell (859) 258-8520 or mihow@lexclin.com.