



LIVING WELL...

Take advantage of our new GROUP MEDICAL VISITS to find, improve and set the framework for a healthy lifestyle. We will focus on a range of health topics. Meet our Team and gain new information from others with similar experiences and lifestyle goals! Starting December 15th

STARTING DECEMBER 15TH

ONE NEW SUBJECT EVERY MONTH AND A CONTINUOUS VISIT TO WORK ON YOUR GROWING GOALS!

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year	2
3	4	5	6 4:30 PM Healthy Weight	7	8	9
10	11	12 4:30 PM Live Well! Eat better! Move more! Stress less! Let's connect!	13	14	15	16
17	18	19 6 PM- Seminar Healthy living with smart goals	20	21	22	23
24	25	26	27	28 3:30 PM Plant based eating journey	29	30

LiveWell!

Eat better!

Move more!

Stress less!

Let's connect!

Monthly

**PLANT BASED
EATING JOURNEY**

Dec 15th
Jan 28th

HEALTHY WEIGHT

Monthly

BODY ON FIRE? –

How reducing

chronic

inflammation helps

prevent and reverse

disease

Feb 23rd

RESTORING YOUR

BALANCE –

Stress Hormones

and Health

Mar 22nd



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