

August 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 What, Why, How of Eating 8am A+	2 Understanding Your Labs 8:30am A Wellness Ambassadors 4:30pm Free	3 Diabetes Part 1 9:30am A	4 Binder Class 10:30am Free
7 Blood Sugar Insulin Conn. 4:15pm F	8 Heal Your Gut 8:30am F Detox Not Retox 5pm F	9 Understanding Your Labs A 7:30am Immune Essentials 9am F Fresh Market Shopping Exp. 8:30am A Karen's Support Group 5pm Free	10 What, Why, How of Eating 12:45am A+ Publix Shopping Exp. 5pm A	11
14 Advanced Cardiovascular 5:15pm F	15 VIP Class Only 4:15pm "All About Food Reactivity" Healthy Weight 4:15pm F	16 Understanding Your Labs 3pm A	17 Stress & Hormones 9:30am F Blending class 5pm A Blending Class 6:30pm A	18 Publix Shopping Exp. 9am A
21 Vision Board 4:15pm Free	22 Heal Your Gut 1:30m F	23 What, Why, How of Eating 9am A+ Understanding Your BCA 3pm A	24 Diabetes Part 2 9:30am A Understanding Your Labs 4pm A	25 Blood Sugar Insulin Conn. 8:30am F
28	29 Publix Shopping Exp. 11am A	30 Healthy Weight 9am F	31 What, Why, How of Eating 4:15pm A+	

F Fundamental Class (General Rate: \$40 "Member Only" Rate:\$20)

A Advanced Class (General Rate: \$75 "Member Only: Rate: \$37.50)

Free Free Class/Seminar. Limited Seating.

A+ Advanced Plus Class 2 Hours

RSVP 352-259-5190