

# February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Publix Shopping Exp 8:30am Diabetes Part 2 3pm <b>A</b> Orientation 6pm <b>F</b>	<b>2</b> Heal Your Gut 8:15am <b>F</b>
<b>5</b> Orientation 10:15am <b>F</b> Immune Essentials 4pm <b>F</b>	<b>6</b> Advanced Cardio 8:30am <b>F</b> Healthy Weight 1:30pm <b>F</b> Stress Hormones 3pm <b>F</b>	<b>7</b> Fresh Market 11am <b>A</b> Juicing/Blending 1pm <b>A</b> Wellness Ambassadors 4:30pm <i>Free</i>	<b>8</b> What, Why, & How of Eating 1:15pm <b>A+</b>	<b>9</b> Publix Shopping Exp. 11am <b>A</b>
<b>12</b> What, Why, & How of Eating 10am <b>A+</b> Advanced Cardio 4pm <b>F</b>	<b>13</b> Orientation 8:15am <b>F</b> Stress Hormones 9am <b>F</b> Immune Essentials 10am <b>F</b> Understanding Labs 5:30pm <b>A</b>	<b>14</b>	<b>15</b> Diabetes Part 1 9:30am <b>A</b> Publix Shopping Exp 5:30pm <b>A</b>	<b>16</b> Blood Sugar Insulin Connection 11am <b>F</b>
<b>19</b> Just for Kids 2pm <i>Free</i> Detox Not Retox 4:15pm <b>F</b>	<b>20</b> Publix Shopping Exp 8:30am Heal Your Gut 1:30pm	<b>21</b> Understanding labs 8am Essential Oils & Your Health 3pm Orientation 4:15pm Karen Support Group 5pm	<b>22</b> Healthy Weight 8:15am <b>F</b> What, Why, & How of Eating 5:30pm <b>A+</b>	<b>23</b> Bountiful Farms 8:30am <i>Free</i> Understanding Your BCA 1pm <b>A</b>
<b>26</b> Blood Sugar Insulin 4:15pm <b>F</b>	<b>27</b> Diabetes Part 1 1pm <b>A</b>	<b>28</b> What, Why, How 8:15am VIP CLASS 4:15pm <i>Free</i> <b>A+</b>		

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

*Free* Free Class/Seminar. Limited Seating.

RSVP 352-259-5190

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

**A+** Advanced Plus Class 2 Hours