

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Orientation 8:15am F Understanding Your Labs 1;30pm A	2 Healthy Weight 8:15am F Publix Shopping Exp 1pm A
5 What, Why, and How of Eating 10am A+ Heal Your Gut 4:15pm F	6 Publix Shopping Exp 8:30am A Grab and Go 1pm F Tools of the Trade 4pm F	7 Understanding Your Labs 8am A Wellness Ambassadors 4:30pm Free	8 Protecting Your Heart F 8:15am Orientation 6pm F	9 Detox Not Retox 1pm A
12 Orientation 2pm F Understanding Your Labs 5:15pm A	13 Immune Essentials 9am F Diabetes: Understanding Your risk 1pm A Healthy Weight 4:15pm F	14 What, Why, and How of Eating 8:15am A+ Karen Support Group 5pm Free	15 Publix Shopping Exp 11am A Vision Board 4pm Free	16 Bountiful Farms 8:30am Free
19 Stress Hormones 10am F Immune Essentials 3pm F Just for Kids 4:15pm	20 Orientation 10am F Advanced Cardio 4pm F	21 What, Why, and How of Eating 1:15pm A+ Spring Cleaning w/essential oils 3:15pm Free	22 Publix Shopping Exp 5:30pm A	23 Heal Your Gut 8:15am F
26 Advanced Cardio 10am F Protecting Your Heart. 1:30pm F Diabetes: Understanding Your Risk 4:15pm A Diabetes: Blood Sugar Conn. 5:15pm A	27 Publix Shopping Exp 8:30am A Stress Hormones 5pm F	28 Orientation 4:15pm F VIP Membership Class 4:15pm Free	29 Fresh Market Exp 430pm A Juicing/Blending 6:15pm A Understanding Your BCA 6:15pm A	30 What, Why, and How of Eating 8:15am A+ Understanding Your Labs 1pm A

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