



September 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>4</p> <p>WE WILL BE CLOSED LABOR DAY</p>	<p>5 Recipe Swap 4:15 Free</p>	<p>6 VIP ONLY CLASS 9:30am Free Publix Shopping Exp. 8:30am A Wellness Ambassadors 4:30pm Free</p>	<p>7 Fresh Market 5pm A Juicing 6:15pm A</p>	<p>8 What, Why, How of Eating 8:15am A+ Understanding Your Labs 1pm A</p>
<p>11 Understanding Your Labs 4pm</p>	<p>12 Diabetes 1 5:15pm A Diabetes 2 6:15pm A Heal Your Gut 10am F</p>	<p>13 Adv. Cardiovascular 9am F Skin Care Basics 1pm Free Healthy Weight 4:15pm F Karen Support Group 5pm Free</p>	<p>14 Blood Sugar Connection 9:30am F What, Why, How of Eating 4:15pm A+</p>	<p>15 What's In Your Kitchen? 11am F</p>
<p>18</p>	<p>19 What, Why, How of Eating 9am A+ Stress Hormones 1pm F Blood Sugar Connection 4:15pm F</p>	<p>20 Understanding Your Labs 7:30am A</p>	<p>21 Publix Shopping Exp. 4:30pm A</p>	<p>22 Detox Not Retox 11am F</p>
<p>25 Understanding Your Labs 5:15pm A Immune Essentials 4pm F</p>	<p>26 Publix Shopping Exp 10am A Understanding Your BCA 10am A Binder Class 4:15pm Free</p>	<p>27 Heal Your Gut 4:15pm F</p>	<p>28 What, Why, How of Eating 12:45pm A+ Stress Hormones 6pm F</p>	<p>29 Healthy Weight 8:15pm F</p>

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