



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Let's Chat with Ryan – webinar 12:30pm (QA)	5	6
9	10)	11 Control Sugar – webinar 12pm (A+) Let's Chat with Ryan – webinar 12:30pm (QA)	12	13
16	17	18 Mindset Class – live – 12pm Let's Chat with Ryan – webinar – 12:30pm (QA) Coach Connect – Ryan – webinar – 3pm (QA) VIP Class – webinar 4:15pm (VIP)	19	20
23	24	25	26	27
30	31 Close at 3pm			

PROGRAM FOCUSED GROUP COACHING TIMES WEEKLY:

Let's Chat with Ryan – Every Wednesday at 12:30pm on zoom

Use this link: <https://us02web.zoom.us/j/5761949464>

Coach Connects Q&A – different times during the month.

NOTE: The above link will also be used for Coach Connects Q&A

(F) Fundamental Class (General Rate: \$40 “Member Only” Rate: \$20)
 (A) Advanced Class (General Rate: \$75 “Member Only” Rate: \$37.50)
 (A+) Advanced Plus Class (General Rate \$150 “Member Only” Rate \$75.00)
 (VIP) VIP and Phase 2 Clients only
 (PP) Paid Program – Open only to clients in the Program.

 Lori Esarey, APRN Provider

 Ryan M, Health Coach

 Debbie Bookman, Health Coach