

FEBRUARY

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 Weekly Coach Connect Q&A – webinar 12:30pm (Q&A) Understanding Your Labs – webinar – 3pm (A+)	6 Coach Connect – Mindy – webinar 12pm (PP)	7
10	11	12 Control Sugar/Control Everything – webinar 11am(A+) Weekly Coach Connect Q&A – webinar 12:30pm (Q&A) Synergee Mind-S.E.T. Class with Karen – webinar- 1pm (PP)	13 Foundational What, Why, How – webinar – 8:30am (A)	14
17 Health Explorers-webinar -12pm	18 Coach Connect – Ryan – webinar -2pm (PP)	19 Weekly Coach Connect Q&A -webinar 12:30pm (Q&A) VIP Class – webinar 4:15pm (VIP)	20	21
24 Foundational What, Why, How – webinar 12:30pm (A) Fun in Your Kitchen -webinar 4pm (PP)	25	26 Weekly Coach Connect Q&A – webinar 12:30pm (Q&A)	27	28

PROGRAM FOCUSED GROUP COACHING TIMES WEEKLY:

Weekly Coach Connect Q&A – lead by TNT Coaches – Every Wednesday at 12:30pm on zoom

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

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

NOTE: The above link will also be used for Individual 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.
(QA) Open to ALL Program Clients



Lori Esarey, APRN Provider



Ryan M, Health Coach



Mindy Gray, Registered Dietitian



Debbie Bookman, Health Coach



Karen Stange, Licensed Mental Health Counselor