



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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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.

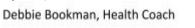
NOTE: The above link will also be used for Individual Coach Connects Q&A

Ryan M, Health Coach Debbie Bookman, Heal

- (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 Mindy Gray, Registered Dietitian





Karen Stange, Licensed Mental Health Counselor