

JANUARY

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED FOR NEW YEARS	2	3
6	7	8 Weekly Coach Connects– webinar – 12:30pm QA Reset Kickoff Launch- webinar – 4:30pm -QA	9 Mindy’s Coach Connect – webinar 12PM - QA	10
13 Empowered Health Explorers – webinar 12pm	14	15 Weekly Coach Connects webinar – 12:30pm - QA Understanding Your Labs – webinar 12pm A+	16	17 Xymogen Tour – on-site 10:30am -12pm -
20 Fun in Your Kitchen – webinar 4pm “Detox/Anti-inflam recipes -F	21 Ryan’s Coach Connect – webinar 2pm - QA	22 Weekly Coach Connects – webinar 12:30pm -QA Synergie Mind-SET Connection – webinar 1pm -QA Control Sugar – webinar – 3pm – A+	23	24
27 Foundational What, Why, and How – webinar – 12:30pm - QA	28	29 Weekly Coach Connects – webinar 12:30pm - QA VIP Class – Webinar 4:15pm -A+	30	31

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
 Mindy Gray, Registered Dietitian

 Ryan M, Health Coach
 Debbie Bookman, Health Coach

 Karen Stange, Licensed Mental Health Counselor