



OCTOBER PROGRAMS

◀ September November ▶ October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 CRAVING CHANGE 4/4 5:30 - 7:30PM	5	6	7
8	9	10	11	12	13	14
15	16	17	18 HEALTHY YOU INTRO SESSION GROUP 1 5:30 - 6:30PM	19 HEALTHY YOU INTRO SESSION GROUP 2 2:00 - 3:00PM	20	21
22	23	24	25 HEALTHY YOU GROUP 1 1/6 5:30 - 7:30PM	26 HEALTHY YOU GROUP 2 1/6 2:00 - 4:00PM	27	28
29	30	31	Notes:			