



SEPTEMBER PROGRAMS

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 DIABETES (GROUP) 9:00 - 11:30AM	13 CRAVING CHANGE 1/4 5:30 - 7:30PM	14	15	16
17	18	19	20 CRAVING CHANGE 2/4 5:30 - 7:30PM	21	22	23
24	25	26	27 INTRO TO SOLIDS GROUP 1 1:30 - 3:00PM CRAVING CHANGE 3/4 5:30 - 7:30PM	28 INTRO TO SOLIDS GROUP 2 1:30 - 3:00PM	29	30