

# January 2014

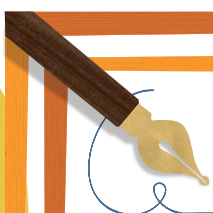
Let's not just talk a New Year's resolution.

Let's see a more **immune** version of you.

**2 Week Workshop with a Registered Dietitian**

Tuesdays 6:30-7:30pm • Jan 14 & 21  
Thursdays 1-2pm • Jan 23 & 30





Explore strategies for making healthy food choices and moving your body for  
**Optimal Energy and Mood**

## Healthy Body of the Month

*Your Name Here*

2 Week Workshop with a Registered Dietitian

**\*Tabletop Supermarket Tours \* Interactive Discussion\***

Wednesdays 1-2pm • Jan 8 & 15  
Thursdays 6:30-7:30pm • Jan 9 & 16

Space is limited, register online or by phone.

*Kristin Hatch*  
Kristin Hatch RD, LDN, CDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Energy and Mood 1-2	9	10	11
12	13	14 Immunity 6:30-7:30	15 Energy and Mood 1-2	16 Energy and Mood 6:30-7:30	17	18
19	20	21 Immunity 6:30-7:30	22 Diabetes 1-2	23 Immunity 1-2 Energy and Mood 6:30-7:30	24	25
26	27	28	29 Diabetes 1-2	30 Immunity 1-2	31	

## Living With Diabetes

Wednesdays 1-2pm • Jan 22 & 29

**Gain confidence in managing diabetes on a day-to-day basis.**



# February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Diabetes 6:30-7:30	5 Diabetes 1-2	6	7	8
9	10	11 Diabetes 6:30-7:30	12 Diabetes 1-2	13	14	15
16	17	18 Cardio 1-2	19	20 Cardio 6:30-7:30	21	22
23	24	25 Cardio 1-2	26	27 Cardio 6:30-7:30	28	

# March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Diabetes 6:30-7:30	5 Diabetes 1-2	6	7	8
9	10	11 Diabetes 6:30-7:30	12 Diabetes 1-2	13	14	15
16	17	18 Sports 1-2	19	20 Sports 6:30-7:30	21	22
23	24	25 Sports 1-2	26	27 Sports 6:30-7:30	28	29
30	31					