

Finding Wellness Schedule for 2024 (Thursdays 11 AM to 1 PM)

Cohort TH6

1-Feb	Goals
8-Feb	Portions
15-Feb	Mindfulness
22-Feb	Menus
29-Feb	Safari
7-Mar	Fitness
14-Mar	Stress
21-Mar	Chef

Cohort TH7

28-Mar	Goals
4-Apr	Portions
11-Apr	Mindfulness
18-Apr	Menus
25-Apr	Safari
2-May	Fitness
9-May	Stress
16-May	Chef

Cohort TH8 (skips July 4th week)

23-May	Goals
30-May	Portions
6-Jun	Mindfulness
13-Jun	Menus
20-Jun	Safari
27-Jun	Fitness
11-Jul	Stress
18-Jul	Chef

Cohort TH9

25-Jul	Goals
1-Aug	Portions
8-Aug	Mindfulness
15-Aug	Menus
22-Aug	Safari
29-Aug	Fitness
5-Sep	Stress
12-Sep	Chef

Cohort TH10 (skips Oct 31st week)

19-Sep	Goals
26-Sep	Portions
3-Oct	Mindfulness
10-Oct	Menus
17-Oct	Safari
24-Oct	Fitness
7-Nov	Stress
14-Nov	Chef