

## **Finding Wellness Schedule for 2024 (Tuesdays 4:30 to 6:30 PM)**

### **Cohort 47**

9-Jan	Goals
16-Jan	Portions
23-Jan	Mindfulness
30-Jan	Menus
6-Feb	Safari
13-Feb	Fitness
20-Feb	Stress
27-Feb	Chef

### **Cohort 48**

12-Mar	Goals
19-Mar	Portions
26-Mar	Mindfulness
2-Apr	Menus
9-Apr	Safari
16-Apr	Fitness
23-Apr	Stress
30-Apr	Chef

### **Cohort 49** (skips July 4th week)

14-May	Goals
21-May	Portions
28-May	Mindfulness
4-Jun	Menus
11-Jun	Safari
18-Jun	Fitness
25-Jun	Stress
9-Jul	Chef

### **Cohort 50**

23-Jul	Goals
30-Jul	Portions
6-Aug	Menus
13-Aug	Mindfulness
20-Aug	Safari
27-Aug	Fitness
3-Sep	Stress
10-Sep	Chef

### **Cohort 51**

24-Sep	Goals
1-Oct	Portions
8-Oct	Mindfulness
15-Oct	Menus
22-Oct	Safari
29-Oct	Fitness
5-Nov	Stress
12-Nov	Chef