

## Finding Wellness Schedule for 2025 (Tuesdays 4:30 to 6:30 PM)

### Cohort 52

7-Jan	Goals
14-Jan	Portions
21-Jan	Mindfulness
28-Jan	Menus
4-Feb	Safari
11-Feb	Fitness
18-Feb	Stress
25-Feb	Chef

### Cohort 55

22-Jul	Goals
29-Jul	Portions
5-Aug	Mindfulness
12-Aug	Menus
19-Aug	Safari
26-Aug	Fitness
2-Sep	Stress
9-Sep	Chef

### Cohort 53

11-Mar	Goals
18-Mar	Portions
25-Mar	Mindfulness
1-Apr	Menus
8-Apr	Safari
15-Apr	Fitness
22-Apr	Stress
29-Apr	Chef

### Cohort 56 (Skips Nov 4th Election day)

23-Sep	Goals
30-Sep	Portions
7-Oct	Mindfulness
14-Oct	Menus
21-Oct	Safari
28-Oct	Fitness
11-Nov	Stress
18-Nov	Chef

### Cohort 54 (skips July 4th week)

13-May	Goals
20-May	Portions
27-May	Mindfulness
3-Jun	Menus
10-Jun	Safari
17-Jun	Fitness
24-Jun	Stress
8-Jul	Chef