

Finding Wellness Schedule for 2026 (Tuesdays 5:00 to 6:30 PM)

Cohort 57

20-Jan	Goals
27-Jan	Portions
3-Feb	Mindfulness
10-Feb	Sleep
17-Feb	Fitness
24-Feb	Menus
3-Mar	Safari
10-Mar	Stress

Cohort 58

31-Mar	Goals
7-Apr	Portions
14-Apr	Mindfulness
21-Apr	Sleep
28-Apr	Fitness
5-May	Menus
12-May	Safari
19-May	Stress

Cohort 59

9-Jun	Goals
16-Jun	Portions
23-Jun	Mindfulness
30-Jun	Sleep
7-Jul	Fitness
14-Jul	Menus
21-Jul	Safari
28-Jul	Stress

Cohort 60

18-Aug	Goals
25-Aug	Portions
1-Sep	Mindfulness
8-Sep	Sleep
15-Sep	Fitness
22-Sep	Menus
29-Sep	Safari
6-Oct	Stress