

# June

## ENHANCED WELLNESS LIVING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Nutrition Class 5:30 PM	6 Grocery Store Tour 12PM	7 Juicing & Smoothie Class 5:30PM	8	9
12 Body Composition 5:30 PM	13	14 Juicing & Smoothie Class 12:00PM What's In My Water 8:00AM	15 Energy Makes a Difference 5:30PM	16
19 Essential Oils 101 5:30PM	20 Exercise Class 5:30 PM Grocery Store Tour 5:30PM	21 Meal Prep 5:30PM	22 Autoimmune 5:30PM	23
26 What's In My Water 5:30 PM	27 Juicing & Smoothie Class 5:30PM	28 Grocery Store Tour 12PM	29	30

### NOTES:

Audio Recorded Classes this month

Meal Prep  
Travel Warrior  
Cosmetics

Video Recorded Classes this month

Detox

ALL classes will be held at Enhanced Wellness Living Classroom

(1855 Lakeland Drive Suite M10)

ALL Grocery Store Tours will be held at Kroger I-55N Jackson-Produce Entrance with Branch

Please contact Paul to schedule any classes (601)364-1132 or [paul.enhancedwellness@gmail.com](mailto:paul.enhancedwellness@gmail.com)



For audio recordings of Meal Prep, Travel Warrior, and Cosmetics class please email [paul.enhancedwellness@gmail.com](mailto:paul.enhancedwellness@gmail.com) for a recording.