



ENHANCED WELLNESS LIVING



NOTES:

AUDIO RECORDED CLASSES THIS MONTH

Travel Warrior
Cosmetics

Video Recorded Classes this month

Detox
Nutrition
Meal Prep
Clarity – Mind/Body/Spirit

Educators

Branch Dildine

-Juicing & Smoothies
- Grocery Store Tour

Paul Blanco

-Intro to Exercise
- Body Composition

Suzie Foote

-Energy For Life

Kelly Engelmann

-GI Health
-Hormones

Allen Shives

-Beauty Counter Product Education

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Juicing & Smoothie Class 12:00PM	GI Health 5:30PM	Grocery Store Tour 9AM Body Composition 5:30PM	
7	8	9	10	11
Energy For Life 5:30PM		Beauty Counter Personal Care Product Education 5:30PM	Grocery Store Tour 5:30PM	
14	15	16	17	18
Body Composition 5:30PM		Grocery Store Tour 5:30PM Hormones 5:30PM	Juicing & Smoothie Class 12PM	
21	22	23	24	25
Clean Out The Chemicals 5:30PM	Intro to Exercise 5:30PM	Grocery Store Tour 12PM	Juicing & Smoothie Class 5:30PM	
28	29	30	31	
Grocery Store Tour 9:00AM Beauty Counter Personal Care Product Education 5:30PM			Juicing & Smoothie Class 9AM	

For audio/video recordings please email paul.enhancedwellness@gmail.com
or call 601-364-1132 Ext. 5