



ENHANCED WELLNESS LIVING



NOTES:

Audio Recorded Classes this month

- Meal Prep
- Travel Warrior
- Cosmetics
- Autoimmune
- Nutrition

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 Body Composition 5:30PM	7
10 Essential Oils 101 5:30PM	11	12 Grocery Store Tour 5:30PM What's In My Water 5:30PM	13 Juicing & Smoothie Class 12:00PM Nutrition Class 5:30	14
17 Exercise Class 5:30 PM Grocery Store Tour 12PM	18	19 Thyroid -- What Can Get in the Way 5:30	20	21
24 Clean out the Chemicals 5:30PM	25 Grocery Store Tour 12PM	26 Juicing & Smoothie Class 9:00AM Hormone Balance 5:30PM	27 Energy For Life 5:30PM	28
31 Grocery Store Tour 9:00AM GI Health 5:30PM				



For audio recordings of Meal Prep, Travel Warrior, and Cosmetics class please email paul.enhancedwellness@gmail.com for a recording.