



# ENHANCED WELLNESS



# LIVING

**NOTES: AUDIO RECORDED CLASSES THIS MONTH**

- Travel Warrior
- Cosmetics
- Video Classes**
- Detox
- Nutrition
- Meal Prep
- 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

**Laura Algood**

Understanding Your Lab Values

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Closed – Labor Day	5	6 Juicing & Smoothie Class 12:00PM Understanding Your Lab Values 5:30PM	7 Grocery Store Tour 5:30PM Body Composition 5:30PM	8
11	12	13 Grocery Store Tour 5:30PM	14 Juicing & Smoothie Class 12PM Energy For Life 5:30PM	15
18 GI Health 5:30 PM	19	20 Grocery Store Tour 12PM Understanding Your Lab Values 5:30PM	21 Juicing & Smoothie Class 5:30PM	22
25 Grocery Store Tour 9:00AM Beauty Counter Personal Care Product Education 5:30PM	26	27	28 Juicing & Smoothie Class 9AM Intro to Exercise 5:30PM	29

For video recordings please email [paul.enhancedwellness@gmail.com](mailto:paul.enhancedwellness@gmail.com) or call 601-364-1132 Ext. 5