



Wellness Workshops

Month

Topic

August	Energy Drinks: A Healthy Alternative
September	Wine & Wellness
October	Flat Belly Diet
November	Eating Through the Holidays
December	No Workshop, Enjoy the Season
January	Resolution Solutions
February	Heart Month: Diet & Exercise
March	Breast Cancer & Your Diet

Location: Heather & Keith's House

Date & Time: To Be Determined, Stay Tuned

Speakers: Each month we will have an expert in the field come talk to us.