

# STEP AHEAD

## To Wellness



**Call your center to sign up today!**

- From 9AM to 10AM ET

- Virtual Format

### Gut Health

Apr 8  
Apr 13  
Apr 16  
Apr 19  
Apr 21  
Apr 28

### Meal Prep/Plan

May 4  
May 13  
May 17  
May 19  
May 26

### Vitamin/Mineral

Jun 1  
Jun 10  
Jun 16  
Jun 18  
Jun 21  
Jun 23

- **April-** Gut Health
- **May-** Meal Prep/Plan
- **June-** Vitamin/Mineral

- **July-** Juicing
- **August-** Mindset/Mindful Eating
- **September-** Eating Out

- **October-** Power Fiber
- **November-** Diabetes
- **December-** Holiday Tips