

Health First Wellness Center 2021 Class Schedule

	<i>New Patient Orientation Classes Tuesday, 6:00pm By Appt Only</i>	Health Classes (Free) TUESDAY - 6:00 PM		Innate Lifestyle Classes (Members Only) SATURDAY – 9:00 AM		Thermography Screening
JULY	Jul 13/STC Jul 27/OFL	KOMBUCHA How to make and enjoy!	Aug 3	EAT WELL 3 Increasing Purity How to Stop Bad Eating Habits	Jul 10	July 29th By Appt Only
AUG	Aug 10/STC Aug 24/OFL	HOW NOT TO GET SICK Maximize Your Immune Protection What Supplements Should I Take?	Aug 17	MOVE WELL 3 The Cost of Sedentary Living How Inactivity Causes Disease	Aug 7	
SEP	Sep 7/OFL Sep 14/STC Sep 21/OFL Sep 28/STC	BLOOD SUGAR AND DIABETES Regulating with Your Diet – NOT Pills!	Sep 7	THINK WELL 3 Changing the Channel Designing Congruent Belief Systems for Stress Free Living	Sep 11	
OCT	Oct 12/OFL Oct 19/STC	INTRO TO THE 21 DAY SUGAR DETOX	Oct 12	EAT WELL 4 Eating Innately for LIFE! What to Eat & How to do it	Oct 2	October 21st By Appt Only
NOV	Nov 9/OFL Nov 30/STC	DIGESTIVE SYSTEM Heartburn, Diverticulitis and “Leaky Gut”	Nov 16	MOVE WELL 4 Moving Innately for LIFE Physically Fit in 30 minutes per day	Nov 6	
DEC	Dec 7/OFL Dec 21/STC	BRAIN HEALTH, MEMORY AND FOCUS What You Need to Know	Dec 7	THINK WELL 4 Thinking Innately for LIFE Peaceful Living	Dec 4	

Classes are subject to title and date change. Please call office to check any schedule changes. 636-946-3600

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