

Y WAIT

MEETING SCHEDULE Lunch and learn 12PM

Week 1 Thursday Oct 6th	Kick off! Let's go back to Kindergarten with the Basic Food groups
Week 2 Thursday Oct 13th	Fat, fat, and more fat
Week 3 Wednesday Oct 19th	Fun Facts about Fiber
Week 4 Wednesday Oct 26th	Health Risks and exercise
Week 5 Thursday Nov 3rd	Scared to fall off the wagon again?
week 6 Thursday Nov 10th	Dining Out- help?
Week 7 Wednesday Nov 16th	Cooking Healthy at Home
Nov 23rd NO MEETING	HAPPY THANKSGIVING!!
Week 8 Wednesday Nov 30th	Pot Luck Lunch meeting- What did we learn?

Individual meetings available with Robin for \$30.00 1st meeting about 45-60 minutes after that
follow up appointments for 30 minutes for \$15.00.

