



Clinic Events June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New You Contest Begins. Good Luck Contestants!	2 Quick Prep Lunches Nutrition Group Class 4:00 PM Zoom Meeting	3 Lifestyle Changes Opti Support Group 4:30 PM Zoom Meeting	4 Obesity Walk 9 AM @ Gillette Stadium
5 Look ahead - plan your meals for the week	6 Starting the day off with gratitude: write down 3 things you're grateful for.	7 Practice Affirmations today: "I am getting healthier every day"	8 Take 5-10 minute walking breaks every hour throughout the workday (setting an alarm, writing it down, etc.)	9 "Exercise: The Best Medicine" lifestyle medicine class 12PM Shopping Smart Nutrition Group Class 4:00 PM Zoom Meeting	10 Staying Motivated Opti Support Group 4:30 PM Zoom Meeting	11 Shopping Smart Nutrition Group Class 10:30 AM Conference Room
12 Get out and move on this beautiful day!	13 Monthly Goal Check-in... Are you on track??	14 New Recipe Drop on the Members' Only page!	15 Deadline to join New You Contest.	16 Special Occasions Nutrition Group Class 4:00 PM Zoom Meeting	17 Meet the Medical Director 12PM Zoom Meeting Mindful Eating Opti Support Group 4:30 PM Zoom Meeting	18 Special Occasions Nutrition Group Class 10:30 AM Conference Room
19 Happy Father's Day! Say something nice to any fathers you know today	20 Mindfulness: Remember why you started and what your goals are during tough days	21 Stretching with purpose: picking a muscle group and holding the stretch for 30 seconds	22 Do a stress-relieving activity today	23 Fill Up on Fiber Nutrition Group Class 4:00 PM Zoom Meeting	24 Managing Stress Opti Support Group 4:30 PM Zoom Meeting	25 Fill Up on Fiber Nutrition Group Class 10:30 AM Conference Room
26 Look ahead - plan your meals for the week	27 New Recipe Drop on the Members' Only page!	28 Drink, Drink, Drink that water!	29 Practice mindful eating during one snack today	30 Celebrate! You made it through the month!		

