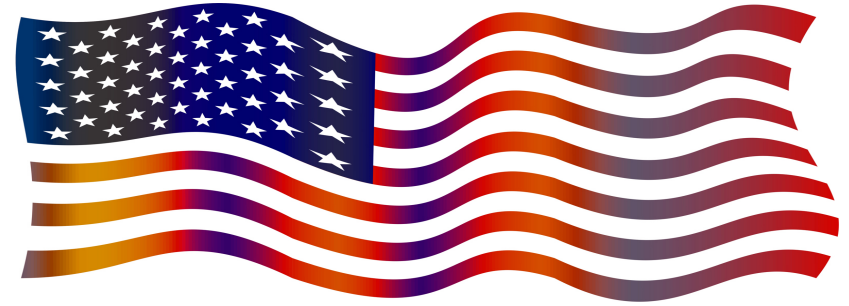


# July Events NHM



**2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Nutrition Class	2 No Nutrition Class
3	4 Happy 4th of July	5	6	7 Nutrition Group: Let's Hit the Road: Road trip & travel snacks 4 PM (Zoom)	8 Opti Support Group: Navigating Social Eating Situations 4:30 PM (Zoom)	9 Let's Hit the Road: Road trip & travel snacks 10:30 AM (Conference Room)
10	11	12	13	14 Nutrition Group: What are carbs? 4 PM (Zoom)	15 Lifestyle Medicine Group Nutrition Health Connection 12 pm (Zoom) Getting your Zzz's: The Importance of Sleep 4:30 PM (Zoom)	16 Nutrition Group: What are carbs? 10:30 AM (Conference Room)
17	18	19	20	21 Nutrition Group: Managing Hunger During Weight loss 4 PM (Zoom)	22 Meet and Greet with Dr. Humayon 12 pm (Zoom) Opti Support Group: Smart Strategies for Portion Control 4:30 PM (Zoom)	23 Nutrition Group: Managing Hunger During Weight loss 10:30 AM (Conference Room)
24	25	26	27	28 Nutrition Group: Time Management & Meal Planning 4 PM (Zoom)	29 Opti Support Group: Managing Cues: Hunger, Cravings, & Habits 4:30 PM (Zoom)	30 Nutrition Group: Time Management & Meal Planning 10:30 AM (Conference Room)
31						

