



Events at NHM 2022

Wednesday	Thursday	Friday	Saturday
3	4	5	6
8A Cardio Muscle (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4:30P Pilates (Zoom/In Clinic)	9A Barre (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4P Nutrition Group: Alcohol Navigation During Weight Loss (Zoom)	8A Core & Balance (Zoom/In Clinic) 12P Gentle Yoga (Zoom/In Clinic) 4:30P Optifast Group: Building Confidence to Maintain Healthy Goals (Zoom)	10:30A Nutrition Group: Alcohol Navigation During Weight Loss (Conference Room) 11A Barre (Zoom/In Clinic)
10	11	12	13
8A Tabata (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4:30P Pilates (Zoom/In Clinic)	9A Yoga (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4P Nutrition Group: Knowing Nutrients (Zoom) 5P Barre (Zoom/In Clinic)	8A Stretch & Tone w/ Bands (Zoom/In Clinic) 12P Gentle Yoga (Zoom/In Clinic) 12PM Meet and Greet Dr. Humayon (Zoom) 4:30P Optifast Group: Getting Support: The Power of a Support System (Zoom)	10:30A Nutrition Group: Knowing Nutrients (Conference Room) 11A Yoga (Zoom/In Clinic)
17	18	19	20
8A Full Body Strength (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4:30P Pilates (Zoom/In Clinic)	9A Yoga (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4P Nutrition Group: Making Veggies Enjoyable: Cooking Ideas (Zoom) 5P Barre (Zoom/In Clinic)	8A Core & Balance (Zoom/In Clinic) 12P Gentle Yoga (Zoom/In Clinic) 4:30P Optifast Group: The Benefits of Journaling (Zoom)	10:30A Nutrition Group: Making Veggies Enjoyable: Cooking Ideas (Conference Room) 11A Full Body w/ Bands (Zoom/In Clinic)
24	25	26	27
8A Tabata (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4:30P Pilates (Zoom/In Clinic)	9A Yoga (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4P Nutrition Group: Oils, Butters, & Fats: An Introduction to Fats (Zoom) 5P Barre (Zoom/In Clinic)	8A Stretch & Tone w/ Bands (Zoom/In Clinic) 12P Gentle Yoga (Zoom/In Clinic) 4:30P Optifast Group: Mood & Hunger: Emotional Eating (Zoom)	10:30A Nutrition Group: Oils, Butters, & Fats: An Introduction to Fats (Conference Room) 11A Yoga (Zoom/In Clinic)
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8A Cardio Muscle (Zoom/In Clinic) 12P Mid Afternoon Stretch (Zoom) 4:30P Pilates (Zoom/In Clinic)			



