

October Events at New Horizon 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 5:30P Benefits of Journaling & Tracking (Zoom)	7	8
9	10	11	12	13 12:30P Stress Management (Zoom) 5:30P Meal Planning 101 (Zoom)	14	15
16	17	18	19	20 5:30P Learning Your Eating Style (Zoom)	21	22
23	24	25	26	27 5:30P Treats, Not Cheats: How to Navigate Treat Foods w/o Losing Progress (Zoom)	28	29
30	31					

