

November Events at NHM

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7A Abs w/ Stacey	2 9A Barre w/ Stacey 12P Lunchtime Stretch	3 Tips for Tracking Your Food posts on Member's Page 8A Yoga 12P Cardio & Muscle	4 8A Bands w/ Stacey	5 11A Barre & Yoga w/ Stacey 12P Support Group w/ Stacey
6	7 New Recipe Drop on Facebook Community Support Group	8 7A Abs w/ Stacey	9 9A Barre w/ Stacey 12P Lunchtime Stretch	10 Cooking with Veggies posts on Member's Page 8A Yoga 12P Cardio & Muscle Lifestyle Medicine Class (Zoom) 12:15pm	11 8A Bands w/ Stacey	12 11A Barre & Yoga w/ Stacey 12P Support Group w/ Stacey
13	14 New Recipe Drop on Facebook Community Support Group	15 7A Abs w/ Stacey	16 9A Barre w/ Stacey 12P Lunchtime Stretch	17 8A Yoga 12P Cardio & Muscle 5:30P Thanksgiving Special: Navigating the Holidays for Weight Loss (Zoom)	18 8A Bands w/ Stacey	19 11A Barre & Yoga w/ Stacey 12P Support Group w/ Stacey
20	21 New Recipe Drop on Facebook Community Support Group	22 7A Abs w/ Stacey	23 9A Barre w/ Stacey 12P Lunchtime Stretch	24 Happy Thanksgiving Clinic Closed Food Pushers, Lingering Leftovers & Holiday Cocktails, Oh My! posts on Member's Page	25 Happy Black Friday Clinic Closed	26 11A Barre & Yoga w/ Stacey 12P Support Group w/ Stacey
27	28 New Recipe Drop on Facebook Community Support Group	29 7A Abs w/ Stacey	30 9A Barre w/ Stacey 12P Lunchtime Stretch			



