

January



2023

Fresh Start to a New Year!

New Horizon Medical

Events Calendar

Here's what's coming your way this month. Hope we see you there.

Sign up at the front desk today! Walk-ins are welcome. *Exception: The cooking class is sign-up only since food needs to be purchased ahead of time.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!!	2 New Recipe Drop on the FaceBook Community Support Group	3 7AM Abs Class w/ Stacey	4 → 9AM Barre Class w/ Stacey → 12PM Lunchtime Stretch w/ Stacey	5 Getting to know your Nutrients on NHM Member's Nutrition Page	6 8AM Band Class w/ Stacey	7 → 11AM Barre → 12PM Support Group
8	9 New Recipe Drop on the FaceBook Community Support Group	10 7AM Abs Class w/ Stacey	11 → 9AM Barre Class w/ Stacey → 12PM Lunchtime Stretch w/ Stacey	12 → Evaluating Recipes w/ Dr. Humayon Live Class @ 12:15PM on Zoom → 1PM Lunchtime Cardio & Muscle → Eat to Manage Your Constipation on NHM Member's Nutrition Page	13 8AM Band Class w/ Stacey	14 → 11AM Barre → 12PM Support Group
15	16 New Recipe Drop on the FaceBook Community Support Group	17 7AM Abs Class w/ Stacey	18 → 9AM Barre Class w/ Stacey → 12PM Lunchtime Stretch w/ Stacey	19 → 1PM Cardio & Muscle → Meal Planning Live Class @ 5:30PM Zoom	20 8AM Band Class w/ Stacey	21 → 11AM Barre → 12PM Support Group
22	23 New Recipe Drop on the FaceBook Community Support Group	24 7AM Abs Class w/ Stacey	25 → 9AM Barre Class w/ Stacey → 12PM Lunchtime Stretch	26 → 1PM Cardio & Muscle → How to Break Through Weight Plateaus on NHM Member's Nutrition Page	27 8AM Band Class w/ Stacey	28 → 11AM Barre → 12PM Support Group
29	30	31 7AM Abs Class w/ Stacey				