

HILTON HEAD HEALTH 2012 EVENT CALENDAR

JANUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	Cooking Healthy		
15	16	17	18	Next Level Fitness		
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
S	M	T	W	T	F	S
			1	Overcoming Emotional Eating		
5	6	7	8	Personal Responsibility		
12	13	14	15	Cooking Healthy		
19	20	21	22	23	24	25
26	27	28	29			

MARCH						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	Overcoming Emotional Eating		
11	12	13	14	Personal Responsibility		
18	19	20	21	Cooking Healthy		
25	26	27	28	29	30	31

APRIL						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	Culinary & Fitness Adventure		
22	23	24	25	Yoga Retreat		
29	30					

MAY						
S	M	T	W	T	F	S
		1	2	Next Level Fitness		
6	7	8	9	10	11	12
13	14	15	16	Overcoming Emotional Eating		
20	21	22	23	Culinary & Fitness Adventure		
				Personal Responsibility		
27	28	29	30	31		

JUNE						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
Diabetes*						
17	18	19	20	Next Level Fitness		
24	25	26	27	FAR (Food Addiction Recovery)		

Our Healthy Lifestyle™ program is offered every week. Program workshops and enhancements are offered in conjunction with our Healthy Lifestyle™ program. To learn more about our workshops, rates and availability, call 800-292-2440. *Enhancements are included in your program fees.

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JULY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	Cooking Healthy		
22	23	24	25	26	27	28
29	30	31				

AUGUST						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
Fresh Start*						
19	20	21	22	23	24	25
Diabetes*						

SEPTEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	
23	24	25	26	Yoga Retreat		
30						

OCTOBER							WOMEN'S HEALTH MONTH*
S	M	T	W	T	F	S	
	1	2	3	Overcoming Emotional Eating			
7	8	9	10	Personal Responsibility			
14	15	16	17	Culinary & Fitness Adventure			
21	22	23	24	Next Level Fitness			
28	29	30	31				

NOVEMBER							DIABETES MONTH*
S	M	T	W	T	F	S	
				Cooking Healthy: Holiday Spirit			
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

DECEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	Overcoming Emotional Eating		
9	10	11	12	Personal Responsibility		
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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