



JANUARY 2018

CURRENT EVENTS

Jan 1: Long Practice

With Jon 12-3PM Skyway Fee Based

Jan 10: BF Biggest Loser Starts

6 Week Competition, Sign up at Front Desk

Jan 16: Diabetes Prevention Program

FREE at LiveWell Center

Jan 18: Plant Based cooking class & 31

FREE at LiveWell Center 3-5pm

Jan 25: Dinner With The Doctor

With Dr. Susan Mallory Pediatrician

6:30PM Lutheran Church 780 Lutheran Dr