

# C2C EVENT SCHEDULE 2019

CHOOSE 2 CHANGE

2019 EVENTS AND CHALLENGES

CHALLENGES	STARTING	ENDING	CHALLENGES
	01/06	01/19	BUDDY UP CHALLENGE
	01/20	02/02	PIC YOUR PLATE CHALLENGE
	02/03	02/16	MEDITATION AND BREATH CHALLENGE
	02/17	03/02	HEALTHY RECIPE SWAP
	03/03	03/16	STEP UP! CHALLENGE
	03/17	03/31	ATTITUDE OF GRATITUDE CHALLENGE

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30
														31						

SEMINARS	DATE & TIME	LOCATION
INSPIRING THE CHANGE	01/08 7:00pm	TBA
S.M.A.R.T GOALS	01/15 7:00pm	Teen Center
NUTRITION 101	01/22 7:00pm	TBA
HEALTHY MEALS	01/29 7:00pm	Teen Center
BEGINNER YOGA	02/05 6:30pm	Community Room
RECOVERY AND INJURY PREVENTION	02/12 6:30pm	Community Room
HEALTHY MEAL PREP	02/19 7pm	Teen Center
NUTRITION 101	02/26 7pm	TBA
BEGINNER RUNNING	03/05 7pm	Teen Center
TIPS FOR LONGEVITY!	03/12 6:30pm	Teen Center
CULTIVATE GRATITUDE	03/19 7pm	TBA
S.M.A.R.T. GOALS, WHAT NOW?	03/26 7pm	TBA