



2012 K&G WELLNESS NUTRITION FOR LIFE COURSE SCHEDULE- (989)723-WELL(9355)

PHASE ONE (BEGINNERS) Cost \$99 (10 week course)-All Beginners start with this class

<u>Month:</u>	<u>Day of wk:</u>	<u>Start/Finish dates:</u>	<u>Times of Class:</u>
January	Tuesday	January 10 th - March 13 th	11am-1pm OR 6pm-8pm
February	Thursday	Feb 9 th – April 19 th	1pm-3pm OR 6pm-8pm
April	Tuesday	April 17 th – June 19 th	11am-1pm OR 6pm-8pm
May	Thursday	May 17 th – July 26 th	1pm-3pm OR 6pm-8pm
July	Tuesday	July 24 th – September 25 th	11am-1pm OR 6pm-8pm
October	Thursday	October 4 th – December 13 th	1pm-3pm OR 6pm-8pm
October	Tuesday	October 16 th – December 18 th	11am-1pm OR 6pm-8pm

PHASE TWO (MUST HAVE COMPLETED A PHASE ONE) Cost \$55 (8 week course)

<u>Month:</u>	<u>Day of wk:</u>	<u>Start/Finish dates:</u>	<u>Times of Class:</u>
January	Monday	January 23 rd – March 12 th	6pm-7:30pm
June	Monday	June 11 th – August 6 th	6pm-7:30pm
September	Monday	September 17 th – November 5 th	6pm-7:30pm

PHASE THREE (ACCOUNTABILITY) Cost \$29 (8 weeks)

Phase three is for those participants who still need the accountability of having to weigh-in once a week and continue utilizing K & G services; but does not have time to commit to a classroom lecture setting. This phase of our program is available any week of the calendar year. You set up your time/day that best fits into your everyday schedule.

K.I.N.S. Class-A once a month class. Cost \$10

Keeping Informed Nutritional Seminars are a great way to keep the participant up to date with the newest information along with assisting them in keeping weight off for a lifetime.

This class meets once every month at 6 pm and brings with it a preventative wellness lecture. You must have completed a Phase One class to come to a K.I.N.S.

Dates: **Jan 25 Feb 29 Mar 28 April 25 May 30 June 27**
July 25 Aug 29 Sept 26 Oct 24 Nov 28 Dec 19



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