



# My Healthy Weigh Calendar

## June 2018

Mon	Tue	Wed	Thu	Fri
				1
4	5	6 <b><u>MHW: Session 1</u></b> HR Training Room 12-1:30pm	7	8
11	12	13 <b><u>MHW: Session 2</u></b> HR Training Room 12-1:30pm	14	15
18	19	20 <b><u>MHW: Session 3</u></b> HR Training Room 12-1:30pm	21	22
25	26	27 <b><u>MHW: Session 4</u></b> HR Training Room 12-1:30pm	28	29



# My Healthy Weigh Calendar

## July 2018

Mon	Tue	Wed	Thu	Fri
2	3	4 <b>Holiday—NO CLASS</b>	5	6
9	10	11 <b>MHW: Session 5</b> HR Training Room 12-1:30pm	12	13
16	17	18 <b>NO CLASS</b>	19	20
23	24	25 <b>NO CLASS</b>	26	27
30	31			



# My Healthy Weigh Calendar

## August 2018

Mon	Tue	Wed	Thu	Fri
		1 <b><u>MHW: Session 6</u></b> HR Training Room 12-1:30pm	2	3
6	7	8 <b><u>MHW: Session 7</u></b> HR Training Room 12-1:30pm	9	10
13	14	15 <b><u>MHW: Session 8</u></b> HR Training Room 12-1:30pm	16	17
20	21	22	23	24
29	30	31		