

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 6:00pm Jo - Nutrition	5	6
7 3:30pm Dr Edelson	8	9	10 10:00am Dr Blenner	11 6:00pm Eric – Qi Gong	12	13
14 3:30pm Jo - Nutrition	15	16	17 10:00am Jo - Nutrition	18 6:00pm MJ - Training	19	20
21 3:30pm George - Training	22	23	24 10:00am Jo - Nutrition	25 6:00pm Valerie – Staying focused	26	27
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