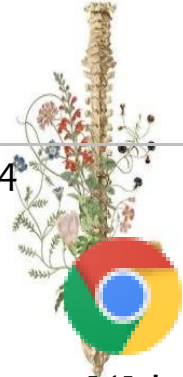

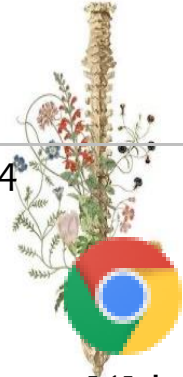










March 2020



“When you feel like quitting, think about why you started!”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:45 – 10:45 AM 1:30 – 5:30 PM Bulletproof Your Body@5:30	3 6:45-8:45 AM 4:00 – 6:00 PM	4 6:45 – 10:45 AM 1:30 – 5:30 PM	5 6:45 – 10:45 AM 1:30 – 5:30 PM	6	7 
8 Daylight Savings Time 	9 6:45 – 10:45 AM 1:30 – 5:30 PM Supplements for Joint Health@5:30	10 6:45-8:45 AM 4:00 – 6:00 PM	11 6:45 – 10:45 AM 1:30 – 5:30 PM	12 6:45 – 10:45 AM 1:30 – 5:30 PM	13	14 
15	16 Sylvie's Birthday  6:45 – 10:45 AM 1:30 – 5:30 PM Daily Supplement Routine@5:30	17 6:45-8:45 AM 4:00 – 6:00 PM 	18 6:45 – 10:45 AM 1:30 – 5:30 PM	19 SPRING 6:45 – 10:45 AM 1:30 – 5:30 PM  Patient Appreciation Day	20	21 top[1].htm
22	23 6:45 – 10:45 AM 1:30 – 5:30 PM Nutrition for Thyroid Health@5:30	24 6:45-8:45 AM 4:00 – 6:00 PM	25	26	27	28 Dr. Jilian, Dr. Amanda & Dr. Alissa @ CE training in Portsmouth
29 HAPPY BIRTHDAY Christine  Dr. Jilian, Dr. Amanda & Dr. Alissa @ CE training in Portsmouth	30 6:45 – 10:45 AM 1:30 – 5:30 PM Live an Active Life with Healthy shoulders@5:30	31				



March 2020



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