

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6 Kesha: 6 pm (Gym) Benefits of Cardio Training	7	8	9
10	11 Kristin: 5:30pm Portion Control	12	13	14 Dawn: 5:30pm Medical Complications Associated with Obesity	15	16
17	18	19 Vanessa: 5:30pm Osteoporosis	20	21	22	23
24	25	26 Dr. Shin: 5:30pm Weight Loss and Keys to Long-Term Success	27	28	29	30

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