

Events

Use this daily wellness routine to help become and stay healthy. Take it slow – gradually add healthy habits and food to your existing regimen. Remember to drink at least 7-8 glasses of water per day. Consult with your doctor before making decisions about your health.

Day / Time	Event
Monday 9am	Wakeup & stretch
Tuesday 9am	Black tea or black coffee
Wednesday 12 noon	Brunch
Thursday	Walking Club
Friday	Smoothies & Milkshakes
Saturday	Pool Party
Sunday	Spiritual Yoga

