



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Weekly Coach Connect Q&A -webinar 12:30pm (QA)	3 Coach Connect W/Mindy -webinar 12pm (PP)	4
7 Empowered Health Explorers -webinar 12pm (QA)	8	9 Weekly Coach Connect Q&A -webinar 12:30pm(QA) Mind-S.E.T. Connection – webinar 1pm (PP)	10	11
14	15 Coach Connect w/ Ryan -webinar 12pm(QA)	16 Control Sugar – webinar 11am(A+) Weekly Coach Connect Q&A webinar -12:30pm(QA) Fun in Your Kitchen – “Sardines Anyone?” 4pm -webinar(PP)	17 Foundational What, Why, and How – webinar 12:15pm(F)	18
21	22	23 Weekly Coach Connect Q&A – webinar 12:03pm(QA) Understanding Your Labs – webinar – 3pm(A+)	24	25
28	29	30 Weekly Coach Connect – webinar 12:30pm(QA) VIP Class – webinar – 4:15pm(A+)		

PROGRAM FOCUSED GROUP COACHING TIMES WEEKLY:

Weekly Coach Connect Q&A – lead by TNT Coaches – Every Wednesday at 12:30pm on zoom

Use this link: <https://us02web.zoom.us/j/5761949464>

Individual Coach Connects Q&A – different times during the month.

NOTE: The above link will also be used for Individual Coach Connects Q&A

(F) Fundamental Class (General Rate: \$40 “Member Only” Rate: \$20)

(A) Advanced Class (General Rate: \$75 “Member Only” Rate: \$37.50)

(A+) Advanced Plus Class (General Rate \$150 “Member Only” Rate \$75.00)

(VIP) VIP and Phase 2 Clients only

(PP) Paid Program – Open only to clients in the Program.



Lori Esarey, APRN Provider



Ryan M, Health Coach



Mindy Gray, Registered Dietitian



Debbie Bookman, Health Coach



Karen Stange, Licensed Mental Health Counselor