



# JUNE 2025 CALENDAR

Mark your calendar for these upcoming TNT June classes:

- **JUNE 4<sup>th</sup> at 10:15am**  
**Libre, Control Everything -**  
**webinar - webinar -Lead by**  
**Lori Esarey, APRN**
- **JUNE 18<sup>th</sup> 1:00pm**  
**Understanding Your Labs -**  
**webinar - lead by Lori Esarey,**  
**APRN**
- **JUNE 18<sup>th</sup> 4:15pm**  
**VIP Monthly Class - webinar -**  
**Lead by Lori Esarey, APRN**

## COACH CONNECT CLASSES

We understand that busy schedules can make it difficult to attend our live Coach Connect sessions.

That's why, beginning in June, we'll be recording each session and making them available to you through our monthly newsletter, Friday email blasts, or upon request.

You'll still get the same high-quality insights and guidance from our expert coaches, now with the added convenience of accessing them whenever it works best for you.



**Coach Ryan's June Topic:**  
**"Summer Travel Tips"**

**Coach Debbie's June Topic**  
**FUN IN YOUR KITCHEN**  
**"BBQ"**



Watch your emails this month for these two great Coach Classes or email us at **info@tntfit4life.com** and we will send them to you.

## TNT GROUP COACH CONNECTIONS

Group Coach Connections will feature topic-specific sessions each week.

These sessions will be held every **Wednesday from 12:30 PM to 1:30 PM** via your Bodysite app.

Week 1  
'All Things Clinic'

Week 2 & 4  
'All Things Food & Lifestyle'

Week 3  
'TNT Mind-S.E.T. Connection'

## Why Coach Connections?

Because we grow in community!

Sustainable Habits

Personalized Guidance

Positive Mindset

Ongoing Support

You will receive a personal invitation, allowing you to join or leave at your convenience. Watch your email!



RSVP to  
scheduling@tntfit4life.com