

May 2017-CLASS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
CLASS TOPICS FOR THE WEEK: SOT=Managing Lapses and Condiments/Extras calories	1 1:15pm SOT-Lynn	2	3	4	5	6 9:30am SOT-Alicia
7 SOT=Practicing with Portions and Fruit calories	8 1:15pm SOT-Lynn	9	10	11	12	13 9:30am SOT-Lynn
14 SOT=Exercise and Weight Management #1 and Mixed Meals calories	15 1:15pm SOT-Ingrid	16	17	18	19	20 9:30am SOT-Ingrid
21 SOT=Small Changes, Big Results and Protein calories	22 1:15pm SOT-Lynn	23	24	25	26	27 Clinic Closed- MEMORIAL DAY Weekend
28 SOT=Small Changes, Big Results and Protein calories	29 Clinic Closed- MEMORIAL DAY	30	31			

QUESTIONS?: Call 505/314-2025 NOTE: The monthly class schedule & newsletter are also on our website: www.SWENDO.com

“SOT” = Staying on Track class