

## Winter Semester 2017 Calendar Wellness Forum Institute

All times Eastern

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 1	17 7:00PM Chemistry II 90 min	18 7:00PM Anatomy 8:00PM Diet & Lifestyle #1	19 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 1	20	21
22	23 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 2	24 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 1	25 7:00PM Anatomy 8:00PM Diet & Lifestyle #2	26 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 2	27	28
29	30 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 3	31 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 2	Notes:			

**Diet and Lifestyle Class Details:**

Weds January 18      Science of Plant-Based Nutrition and Understanding Research Part I  
 Weds January 25      Science Part II

All times eastern

February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #3	<b>2</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 3	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 4	<b>7</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 3	<b>8</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #4	<b>9</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 4	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 5	<b>14</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition4	<b>15</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #5	<b>16</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 5	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 6	<b>21</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 5	<b>22</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #6	<b>23</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 6	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 7	<b>28</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 6	<b>Notes:</b>			

Diet and Lifestyle Class Details:

Weds February 1	Introduction to Diet and Lifestyle Practice
Weds February 8	Cancer Treatment Options
Weds February 15	Cardiovascular Disease
Weds February 22	Musculoskeletal Injuries

All times eastern

March 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #7	<b>2</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 7	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 8	<b>7</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 7	<b>8</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #8	<b>9</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 8	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 7:00PM Anatomy 9:00PM Plant Based Nutrition and Health 9	<b>14</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 8	<b>15</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #9	<b>16</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 9	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 7:00PM Anatomy	<b>21</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 9	<b>22</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #10	<b>23</b> 7:00PM Chemistry II 2 hrs 9:00PM Institutional Food 10	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 7:00PM Anatomy	<b>28</b> 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 10	<b>29</b> 7:00PM Anatomy 8:00PM Diet & Lifestyle #11	<b>30</b> 7:00PM Chemistry II 2 hrs	<b>31</b>	<b>Notes:</b>

Diet and Lifestyle Class Details:

Weds March 1	Prostate Cancer and Prostate Health
Weds March 8	Children's Health
Weds March 15	Mental Health
Weds March 22	Women's Health
Weds March 29	Autoimmune Diseases

All times Eastern

◀ March 2017		April 2017					May 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 7:00PM Anatomy	4 7:00PM Chemistry II 90 min 9:00PM Maternal/Children's Nutrition 11	5 7:00PM Anatomy 8:00PM Diet & Lifestyle #12	6 7:00PM Chemistry II 2 hrs	7	8	
9	10	11 9:00PM Maternal/Children's Nutrition 12	12 8:00PM Diet & Lifestyle #13	13	14	15	
16	17	18	19 8:00PM Diet & Lifestyle #14	20	21	22	
23	24	25	26 8:00PM Diet & Lifestyle #15	27	28	29	
30	<b>Notes:</b>						

Diet and Lifestyle Class Details:

- Weds April 5      Diabetes and Alzheimer's/Cognitive Health
- Weds April 12    Vaccines
- Weds April 19    Obesity and Weight Loss
- Weds April 25    GI Disorders

All times Eastern

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes:		