**Calendar Winter Semester 2018**

**All class times are Eastern time**

|  | **January 2018** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9  9:00PM Understanding Psych Disorders #9 | 10 | 11  8:00PM Psych Drug Withdrawal #5 | 12 | 13 |
| 14 | 15  7:00PM Biology I  9:00PM Sports Nutrition #1 | 16  9:00PM Understanding Psych Disorders #10 | 17  7:00PM Biology I  8:00PM Diet and Lifestyle #1 | 18  8:00PM Psych Drug Withdrawal #6 | 19 | 20 |
| 21 | 22  7:00PM Biology I  9:00PM Sports Nutrition #2 | 23  9:00PM Understanding Psych Disorders #11 | 24  7:00PM Biology I  8:00PM Diet and Lifestyle #2 | 25  8:00PM Psych Drug Withdrawal #7 | 26 | 27 |
| 28 | 29  7:00PM Biology I  9:00PM Sports Nutrition #3 | 30  9:00PM Understanding Psych Disorders #12 | 31  7:00PM Biology I  8:00PM Diet and Lifestyle #3 | Note: Chemistry I: Tuesday class is from 7-8:30PM, Thursday class is 7-9PM | | |

Diet and Lifestyle Classes: Color Coding:

Weds Jan17 Science I Classes offered as part of the Diet and Lifestyle Intervention Course: Purple

Weds Jan 24 Science II Classes offered as part of Nutrition Educator: Blue

Weds Jan 31 Introduction to Diet and Lifestyle Classes offered as part of How and Why to Withdraw from Psychiatric Drugs: Green

|  | **February 2018** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1  8:00PM Psych Drug Withdrawal #8 | 2 | 3 |
| 4 | 5  7:00PM Biology I  9:00PM Sports Nutrition #4 | 6  7:00PM Chemistry I | 7  7:00PM Biology I  8:00PM Diet and Lifestyle #4 | 8  7:00PM Chemistry I | 9 | 10 |
| 11 | 12  7:00PM Biology I  9:00PM Sports Nutrition #5 | 13  7:00PM Chemistry I | 14  7:00PM Biology I  8:00PM Diet and Lifestyle #5 | 15  7:00PM Chemistry I | 16 | 17 |
| 18 | 19  7:00PM Biology I  9:00PM Sports Nutrition #6 | 20  7:00PM Chemistry I | 21  7:00PM Biology I  8:00PM Diet and Lifestyle #6 | 22  7:00PM Chemistry I | 23 | 24 |
| 25 | 26  7:00PM Biology I  9:00PM Sports Nutrition #7 | 27  7:00PM Chemistry I  9:00PM Physical Prep Psych Drug Withdr #1 | 28  7:00PM Biology I  8:00PM Diet and Lifestyle #7 |  | | |

Diet and Lifestyle Classes:

Weds Feb 7 GI Disorders

Weds Feb 14 Diabetes and Alzheimer’s/Cognitive Health

Weds Feb 21 Mental Health

Weds Feb 28 Prostate Health

|  | **March 2018** | | | | | [Apr 2018 ►](http://www.wincalendar.com/Holiday-Calendar/April-2018) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1  7:00PM Chemistry I | 2 | 3 |
| 4 | 5  7:00PM Biology I  9:00PM Sports Nutrition #8 | 6  7:00PM Chemistry I  9:00PM Physical Prep Psych Drug Withdr #2 | 7  7:00PM Biology I  8:00PM Diet and Lifestyle #8 | 8  7:00PM Chemistry I | 9 | 10 |
| 11 | 12  7:00PM Biology I  9:00PM Sports Nutrition #9 | 13  7:00PM Chemistry I  9:00PM Physical Prep Psych Drug Withdr #3 | 14  7:00PM Biology I  8:00PM Diet and Lifestyle #9 | 15  7:00PM Chemistry I | 16 | 17 |
| 18 | 19  7:00PM Biology I  9:00PM Sports Nutrition #10 | 20  7:00PM Chemistry I  9:00PM Physical Prep Psych Drug Withdr #4 | 21  7:00PM Biology I  8:00PM Diet & Lifestyle #10 | 22  7:00PM Chemistry I | 23 | 24 |
| 25 | 26  7:00PM Biology I  9:00PM Sports Nutrition #11 | 27  7:00PM Chemistry I | 28  7:00PM Biology I  8:00PM Diet & Lifestyle #11 | 29  7:00PM Chemistry I | 30 | 31 |

Diet and Lifestyle Classes

Weds Mar 7 Musculoskeletal Disorders

Weds Mar 14 Women’s Health

Weds Mar 21 Cancer Causes and Treatment

Weds Mar 28 Cardiovascular Disease

|  | **April 2018** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1 | 2  7:00PM Biology I  9:00PM Sports Nutrition #12 | 3  7:00PM Chemistry I | 4  7:00PM Biology I  8:00PM Diet & Lifestyle #12 | 5  7:00PM Chemistry I | 6 | 7 |
| 8 | 9  9:00PM Dietary Suppl #1 | 10    7:00PM Chemistry I | 11  8:00PM Diet & Lifestyle #13 | 12  7:00PM Chemistry I | 13 | 14 |
| 15 | 16  9:00PM Dietary Suppl #2 | 17  7:00PM Chemistry I | 18  8:00PM Diet & Lifestyle #14 | 19  7:00PM Chemistry I | 20 | 21 |
| 22 | 23  9:00PM Dietary Suppl #3 | 24  7:00PM Chemistry I | 25  8:00PM Diet & Lifestyle #15 | 26  7:00PM Chemistry I | 27 | 28 |
| 29 | 30  9:00PM Dietary Suppl #4 |  | | | | |

Diet and Lifestyle Classes

Weds Apr 4 Vaccinations

Weds Apr 11 Autoimmune Diseases

Weds Apr 18 Children’s Health

Weds Apr 25 Obesity and Weight Loss

|  | **May 2018** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 6 | 7  9:00PM Dietary Suppl #5 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14  9:00PM Dietary Suppl #6 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |  | |