**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 I9:00PM Sports Nutrition #1 | 16 9:00PM Understanding Psych Disorders #10 | 17 7:00PM Biology I8:00PM Diet and Lifestyle #1 | 18 8:00PM Psych Drug Withdrawal #6 | 19  | 20  |
| 21  | 22 7:00PM Biology I9:00PM Sports Nutrition #2 | 23 9:00PM Understanding Psych Disorders #11 | 24 7:00PM Biology I8:00PM Diet and Lifestyle #2 | 25 8:00PM Psych Drug Withdrawal #7 | 26  | 27  |
| 28  | 29 7:00PM Biology I9:00PM Sports Nutrition #3 | 30 9:00PM Understanding Psych Disorders #12 | 31 7:00PM Biology I8:00PM 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 I9:00PM Sports Nutrition #4 | 6 7:00PM Chemistry I | 7 7:00PM Biology I8:00PM Diet and Lifestyle #4 | 8 7:00PM Chemistry I | 9  | 10  |
| 11  | 12 7:00PM Biology I9:00PM Sports Nutrition #5 | 13 7:00PM Chemistry I | 14 7:00PM Biology I8:00PM Diet and Lifestyle #5 | 15 7:00PM Chemistry I | 16  | 17  |
| 18  | 19 7:00PM Biology I9:00PM Sports Nutrition #6 | 20 7:00PM Chemistry I | 21 7:00PM Biology I8:00PM Diet and Lifestyle #6 | 22 7:00PM Chemistry I | 23  | 24  |
| 25  | 26 7:00PM Biology I9:00PM Sports Nutrition #7 | 27 7:00PM Chemistry I9:00PM Physical Prep Psych Drug Withdr #1 | 28 7:00PM Biology I8:00PM 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 I9:00PM Sports Nutrition #8 | 6 7:00PM Chemistry I9:00PM Physical Prep Psych Drug Withdr #2 | 7 7:00PM Biology I8:00PM Diet and Lifestyle #8 | 8 7:00PM Chemistry I | 9  | 10  |
| 11  | 12 7:00PM Biology I9:00PM Sports Nutrition #9 | 13 7:00PM Chemistry I9:00PM Physical Prep Psych Drug Withdr #3 | 14 7:00PM Biology I8:00PM Diet and Lifestyle #9 | 15 7:00PM Chemistry I | 16  | 17  |
| 18  | 19 7:00PM Biology I9:00PM Sports Nutrition #10 | 20 7:00PM Chemistry I9:00PM Physical Prep Psych Drug Withdr #4 | 21 7:00PM Biology I8:00PM Diet & Lifestyle #10 | 22 7:00PM Chemistry I | 23  | 24  |
| 25  | 26 7:00PM Biology I9:00PM Sports Nutrition #11 | 27 7:00PM Chemistry I | 28 7:00PM Biology I8:00PM 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 I9:00PM Sports Nutrition #12 | 3 7:00PM Chemistry I | 4 7:00PM Biology I8:00PM 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  |  |