

## Calendar Winter Semester 2018

### All class times are Eastern time

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

Weds Jan17 Science I  
 Weds Jan 24 Science II  
 Weds Jan 31 Introduction to Diet and Lifestyle

#### Color Coding:

Classes offered as part of the Diet and Lifestyle Intervention Course: Purple  
 Classes offered as part of Nutrition Educator: Blue  
 Classes offered as part of How and Why to Withdraw from Psychiatric Drugs: Green

## February 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 #4	6 7:00PM Chemistry I 7:00PM Physical Prep Psych Drug Withdr #1	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 7:00PM Physical Prep Psych Drug Withdr #2	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 7:00PM Physical Prep Psych Drug Withdr #3	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 7:00PM Physical Prep Psych Drug Withdr #4	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 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 7:00PM Chemistry I	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> 7:00PM Biology I 9:00PM Sports Nutrition #8	<b>6</b> 7:00PM Chemistry I	<b>7</b> 7:00PM Biology I 8:00PM Diet and Lifestyle #8	<b>8</b> 7:00PM Chemistry I	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> 7:00PM Biology I 9:00PM Sports Nutrition #9	<b>13</b> 7:00PM Chemistry I	<b>14</b> 7:00PM Biology I 8:00PM Diet and Lifestyle #9	<b>15</b> 7:00PM Chemistry I	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> 7:00PM Biology I 9:00PM Sports Nutrition #10	<b>20</b> 7:00PM Chemistry I	<b>21</b> 7:00PM Biology I 8:00PM Diet & Lifestyle #10	<b>22</b> 7:00PM Chemistry I	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> 7:00PM Biology I 9:00PM Sports Nutrition #11	<b>27</b> 7:00PM Chemistry I	<b>28</b> 7:00PM Biology I 8:00PM Diet & Lifestyle #11	<b>29</b> 7:00PM Chemistry I	<b>30</b>	<b>31</b>

### 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
<b>1</b>	<b>2</b> 7:00PM Biology I 9:00PM Sports Nutrition #12	<b>3</b> 7:00PM Chemistry I	<b>4</b> 7:00PM Biology I 8:00PM Diet & Lifestyle #12	<b>5</b> 7:00PM Chemistry I	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 9:00PM Dietary Suppl #1	<b>10</b>	<b>11</b> 8:00PM Diet & Lifestyle #13	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> 9:00PM Dietary Suppl #2	<b>17</b>	<b>18</b> 8:00PM Diet & Lifestyle #14	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> 9:00PM Dietary Suppl #3	<b>24</b>	<b>25</b> 8:00PM Diet & Lifestyle #15	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> 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		