

January 2020						
◀ December					February ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 *Weigh In Day 6PM *Healthy Eating Class Brookland Baptist Health & Wellness Center	7	8 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	9	10	11
12	13 Zumba with Peaches Drew Wellness Center 5:45pm	14	15 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	16 Zumba with Peaches Drew Wellness Center 5:45pm	17	18
19	20 MLK Bike Ride/Walk Ft. Jackson	21	22 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	23 Zumba with Peaches Drew Wellness Center 5:45pm	24	25
26	27 Zumba with Peaches Drew Wellness Center 5:45pm	28	29 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	30 Zumba with Peaches Drew Wellness Center 5:45pm	31 Deadline for online registration for the Cooper River Bridge Run/Walk fee of \$55	

Contacts:

Project Get Active: Adreane Grant – 803-446-3260 (cell) –text is best contact or email adreane.grant@gmail.com

*Additional nutrition classes will TBA

Biggest Loser 2020: Pamela Long - 803-751-3700 (Office) or email pamela.j.long19naf@mail.mil

February 2020						
◀ January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Cooper River Bridge Run/Walk registration fee \$60 until sold out
2	3 Zumba with Peaches Drew Wellness Center 5:45pm Weigh In Day 6PM/7PM Drew Wellness Center or BB Health and Wellness Center	4	5 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	6 Zumba with Peaches Drew Wellness Center 5:45pm	7	8
9	10 Zumba with Peaches Drew Wellness Center 5:45pm	11	12 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	13 Zumba with Peaches Drew Wellness Center 5:45pm	14	15
16	17 Zumba with Peaches Drew Wellness Center 5:45pm	18	19 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	20 Zumba with Peaches Drew Wellness Center 5:45pm	21	22 Black History Trail Hike SesquiCentennial Park
23	24 Zumba with Peaches Drew Wellness Center 5:45pm	25	26 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	27 Zumba with Peaches Drew Wellness Center 5:45pm	28	29

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March 2020						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Zumba with Peaches Drew Wellness Center 5:45pm Weigh In Day 6PM/7PM Drew Wellness Center or BB Health and Wellness Center	3	4 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	5 Zumba with Peaches Drew Wellness Center 5:45pm	6	7
8	9 Zumba with Peaches Drew Wellness Center 5:45pm	10	11 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	12 Zumba with Peaches Drew Wellness Center 5:45pm	13	14 BF Health Fair Walk Challenge at BB Health and Wellness Center.
15	16 Zumba with Peaches Drew Wellness Center 5:45pm	17	18 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	19 Zumba with Peaches Drew Wellness Center 5:45pm	20	21
22	23 Zumba with Peaches Drew Wellness Center 5:45pm	24	25 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	26 Zumba with Peaches Drew Wellness Center 5:45pm	27	28
29	30 Zumba with Peaches Drew Wellness Center 5:45pm	31				

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April 2020						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Group Walk C25K-7pm BB Health & Wellness Food Journals Due	2 Zumba with Peaches Drew Wellness Center 5:45pm	3	4 Cooper River Bridge Run/Walk
5	6 Final Weigh In Day 6PM/7PM Drew Wellness Center or BB Health and Wellness Center	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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