





# February 2018

*"Health is the greatest gift..." ~Buddha*

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|---|--|--|--|---|
|  |  |   |  | <b>1</b><br>6:45 - 9:00 AM<br>2:30 - 6:00 PM   | <b>2</b><br>6:45 - 11:00 AM                              | <b>3</b>  |
| <b>4</b>   | <b>5</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM                                     | <b>6</b><br>2:30 - 6:00 PM<br><b>Bulletproof Your Body @ 6 PM</b>       | <b>7</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM                                      | <b>8</b><br>6:45 - 9:00 AM<br>2:30 - 6:00 PM   | <b>9</b><br>6:45 - 11:00 AM<br><br><b>Angel Vacation</b> | <b>10</b><br><i>Angel's Birthday</i><br> |
| <b>11</b><br><b>Angel Vacation</b><br><br> | <b>12</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM                                    | <b>13</b><br>2:30 - 6:00 PM   | <b>14</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM<br><br><i>Happy Valentine's Day</i> | <b>15</b><br>6:45 - 9:00 AM<br>2:30 - 6:00 PM<br><br><b>Patient Appreciation Day</b> | <b>16</b><br>6:45 - 11:00 AM                             | <b>17</b>   |
| <b>18</b>  | <b>19</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM                                    | <b>20</b><br>2:30 - 6:00 PM<br><b>Nutrition for Heart Health @ 6 PM</b> | <b>21</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM                                     | <b>22</b><br>6:45 - 9:00 AM<br>2:30 - 6:00 PM  | <b>23</b><br>6:45 - 11:00 AM                             | <b>24</b><br><br>                      |
| <b>25</b><br><br><b>Dr. Alissa Vacation</b>  | <b>26</b><br>6:45 - 11:00 AM<br>2:30 - 6:00 PM                                    | <b>27</b><br><br><b>Office Closed</b>                                   | <b>28</b><br>6:45 - 11:00 AM<br>2:30 - 4:30 PM                                     | <b>March 1</b><br>6:45 - 9:00 AM<br>2:30 - 6:00 PM                                   | <b>2</b><br><br><b>Office Closed</b>                     |   |