



OCTOBER 2024



THERE IS A VAST DIFFERENCE BETWEEN TREATING THE EFFECTS AND ADJUSTING THE CAUSE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:45am – 8:45am 4:00pm – 6:00pm	2 6:45am – 10:45am 1:30pm – 5:30pm <i>5:30PM - Bulletproof Your Body</i>	3 6:45am – 10:45am 1:30pm – 5:30pm	4 6:45am – 8:45am	5 
6	7 6:45am – 10:45am 1:30pm – 5:30pm	8 6:45am – 8:45am 4:00pm – 6:00pm	9 6:45am – 10:45am 1:30pm – 5:30pm <i>5:30PM - Fit While You Sit</i>	10 6:45am – 10:45am 1:30pm – 5:30pm 	11 6:45am – 8:45am	12
13	14 Columbus Day Office Closed! Dr. Tyler & Dr. Amanda Wedding Anniversary	15 6:45am – 8:45am 4:00pm – 6:00pm	16 6:45am – 10:45am 1:30pm – 5:30pm <i>5:30PM - Nutrition for Chronic Disease</i>	17 6:45am – 10:45am 1:30pm – 5:30pm	18 6:45am – 8:45am	19 
20	21 6:45am – 10:45am 1:30pm – 5:30pm Dr. Tyler vacation in Utah	22 6:45am – 8:45am 4:00pm – 6:00pm	23 6:45am – 10:45am 1:30pm – 5:30pm <i>5:30PM - Live an Active Life with Healthy Knees</i>	24 6:45am – 10:45am 1:30pm – 5:30pm Book Club: Thinking, Fast and Slow By: Daniel Kahneman	25 Office Closed! Dr. Tyler at seminar	26 Dr. Tyler at seminar
27 	28 6:45am – 10:45am 1:30pm – 5:30pm	29 6:45am – 8:45am 4:00pm – 6:00pm Gilford Library Talk at 11am on Healthy Hips	30 6:45am – 10:45am 1:30pm – 5:30pm <i>5:30PM - Change Your MIND Change Your LIFE</i> Cathryn's 1st Anniversary	31 6:45am – 10:45am 1:30pm – 5:30pm		

