

HQ Kitchen Schedule

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 12 Goal Setting HQ1 9:00am			
	\$ Weekly W.I.N. 10:00am			
			November 21 Nutrition HQ3 11:00am	
			\$ Eating for Diabetes 2:30p November 5 Part 1 November 12 Part 2	
November 4 Nutrition HQ3 5:00pm	\$ November 5 Food to Flourish English 2:00pm			
	\$ November 12 Food to Flourish Spanish 2:00pm	\$ Weekly W.I.N. 5:30pm		
	\$ November 19 Relearn to Eat 2:00pm	November 27 Goal Setting HQ1 6:00pm		
				November 8 BINGO 6:00 pm

Information:

- All classes are held in the HealthQuest Fitness & Wellness Center kitchen.
- Please register for classes at the front desk.
- Scan the QR Code to join HQ text club.



- Social Club
- F.I.T/W.I.S.E Program
- Nutrition Classes
- HQ 1.2.3. Sessions
- \$ Fee based Program