



2016 Spring Mind Body Reset

Calendar

Friday, May 6th
Week 1 Menus Posted

Sunday, May 8th
Prep Day

Monday, May 9th
Program Kick-off

Wednesday, May 11th
Live Q&A Call 10:00 am Pacific
To attend online visit:
<http://iTeleseminar.com/84430236>
Phone Number: (425) 440-5100
Pin Code: 834152#

Friday, May 13th
Week 2 Menus Posted

Sunday, May 15th
Prep Day

Wednesday, May 18th*
Live Q&A Call 10:00 am Pacific
To attend online visit:
<http://iTeleseminar.com/84430236>
Phone Number: (425) 440-5100
Pin Code: 834152#

Friday, May 20th
Week 3 Menus Posted

Sunday, May 22nd
Prep Day

Wednesday, May 25th*
Live Q&A Call 10:00 am Pacific
To attend online visit:
<http://iTeleseminar.com/84430236>
Phone Number: (425) 440-5100
Pin Code: 834152#

Saturday, May 28th
You Made It!

In addition to the events listed above, you will receive a daily email with support and guidance, along with surprise goodies throughout the program. Make sure to join the [Facebook](#) group too.