



INNER HEALTH

00



i x w mw

01
—
rw x l i rx w
x .rwwm .p mg u p
| .L

02
—
rw.i x w m g rx w
r p
| .M .N

03
—
nr wm .i ug m
g wl . x t p x |
| .P. .T

04
—
m i x v v mw l m
mg v mw
| .LK. .LO

nx uux .

n E .
H



f .. .p .



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w , , , , , , , , , , , , , , a
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 , , , c

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 a , , , , , , , , , , c w , a
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 a a , , , , , c



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2

2 2 2 2 2 2 2 2 2 2

2 2 2 2 b





ux t .r o t .o s . w

.
w . R

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0 0 0 0 0 0 £ 00 0

[illegible]

u, v, u, , J

$$ba \ 0 \quad Nb \ 0 \quad Nm \ 0 \quad 00reg \ 00 \ 0$$

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ba *Mi* *Ne* *O* *Ob* *O* *O* *Cma* *O* *O* *O* *O* *ba* *O* *O*

W , , , , , , , Y
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 , Y Y , a



,X

OS ÇOi ,5,Sd , Çi ÇOd ÇSa ,5,aN , , ,
e ÇOb ÇSO ,| ,,hlbc , , ,

, , a , , , , , F
, , , , , ,
, b

W

b ÇOO ÇOh ,| ,,Olbc , , , , ON ,

v , , , , , W , W
, W , , ,
, , b

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Sh , , , , bc, ,

v , , ,x , W , , , , b
, , , , , , ,

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d ÇOa ,5,SN , , ,Olbc , , , , ON ,

, , , , , W ,
, W , , , W , ,
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m





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rM

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d

gf

u 00

$$\begin{array}{ccc} -y & - & - \\ & 0 & 00 \\ & u & \end{array}$$

-W- - - - -

- - - - - C

$$\begin{array}{ccc} - & -\gamma & - \\ u & & 00 \end{array}$$

-	-	-		-	-	-	-	a	-	-		
-		-	-	a	-		-	GW		-		-
b		-	-	b			a	-	-	-	-	b c

ff



-t

t pf

-- l np

- - - - - - - - - - - - - - - -

- 6- O

- E

- i

- edJ - -
- J J -aSj - - - - -
- - - - - - O
- -r - J - - -
- -r - - - -

- - - -m 5- - - - - g



Tc



	1	2	3	4	5	6
7	8	9 Strength Training for Menopause Boost Immunity & Balance Mind and Body Talk with Dr. Heli	10 Back Care Workshop Yoga for Menopause	11	12 Metabolic Conditioning Class Strength Training for Menopause	13
14	15 Strong to the Bone Talk	16 Strength Training for Menopause	17 Yoga for Menopause	18	19 Metabolic Conditioning Class All Things Menopause Talk with Dr. Katie Cowie Strength Training for Menopause	20
21	22	23 Strength Training for Menopause Boost Immunity & Balance Mind and Body Talk with Dr. Heli	24 Yoga for Menopause	25	26 Metabolic Conditioning Class Strength Training for Menopause	27
28	29	30	31 Yoga for Menopause			

				1	2	3
4	5	6 Voice Meditation Strength Training for Menopause	7	8	9 Metabolic Conditioning Class Strength Training for Menopause	10
11	12 Strong to the Bone Talk	13 Voice Meditation Strength Training for Menopause	14	15	16 Metabolic Conditioning Class Strength Training for Menopause	17
18	19	20 Voice Meditation Strength Training for Menopause	21 Back Care Workshop	22 Bauble Decorating Workshop	23 Metabolic Conditioning Class Strength Training for Menopause	24
25	26	27	28 Wreath Making	29	30 Metabolic Conditioning Class	

						1
2 Self Reflexology	3	4 Breathwork Class Strength Training for Menopause	5	6	7 Metabolic Conditioning Class Strength Training for Menopause	8
9	10 Strong to the Bone Talk	11 Breathwork Class Strength Training for Menopause	12	13	14 Metabolic Conditioning Class Strength Training for Menopause	15
16	17	18 Breathwork Class Strength Training for Menopause	19 Back Care Workshop	20	21 Metabolic Conditioning Class Strength Training for Menopause	22
23	24	25	26	27	28	29
30	31					

